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CUT THROUGH THE ELECTRONIC CLUTTER
HANDWRITTEN NOTES ALIVE AND WELL {page 39}

NEW CROW MILES AWAY FROM HER OLD WORK {page 28}

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▶ Sharon Cherop of Kenya won the women's race with a time of 2:22:42, just one second ahead of Ethiopia's Tirfi Tsegaye.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Plenty of tired legs in T.O. today

Thousands of runners took to the streets of downtown Toronto yesterday for the Scotiabank Waterfront Marathon. More coverage, page 8.

Parks and the people

Simple ideas for improving Toronto's green spaces {page 3}

What was DeRo thinking?

Toronto FC captain's gesture raises questions {page 43}

A sign of things yet to come

Toronto curling club says funding had plenty of strings attached ◐ Government spokesman says delay necessary to ensure funds are being used 'properly'

Some small community groups say the Conservative government that demanded Economic Action Plan signs be installed at their project sites within a week of delivery is now months behind in reimbursement of project expenses.

Adding insult to injury is a federal funding contract that promises to reimburse groups for signs, plaques, bunting and a ribbon-cutting ceremony with politicians — but won't pay interest on money borrowed to keep the stimulus projects underway.

At issue is the $500-million Recreational Infrastructure Canada Program, or RInC, a small part of the massive, recession-fighting budget of 2009.

"Our principal concern around this is largely the carrying costs," said Derek Henderson, the past president of the High Park Curling Club in Toronto, which is struggling to finish a $1.3-million renovation.

The curling club project was given the green light by Ottawa in July 2009 and work began immediately. But the club didn't get its first cheque until January 2010 and is now waiting on expense claims made in March.

"They told us the money would be coming quickly ... We spent close to half a million dollars this summer and we've got to carry the interest on this for a while until they process the rebates."
DEREK HENDERSON
PAST PRESIDENT, HIGH PARK CURLING CLUB

The office of Gary Goodyear, the minister of state responsible for the Federal Economic Development Agency for Southern Ontario, did not address questions about interest costs for fund recipients, but an agency spokesman defended the program.

"FedDev Ontario is working closely with the government of Ontario to ensure that claims are being processed as quickly as possible," a FedDev Ontario spokesman said by email. **THE CANADIAN PRESS**

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Give parks to the people, report urges

Not all communities can agree on what should happen in local parks
But report author says officials should not focus on saying no

Imagine a café next to the skating rink, where kids can sip hot chocolate on a cold day. Or munch on homemade pizza baked in the outdoor oven at a city park.

Those are the little things that could make a big difference for visitors to Toronto's parks, and with the political will, communities could become bigger players, says a new Metcalf Foundation report Fertile Ground For New Thinking: Improving Toronto's Parks, being released today.

Many of the changes would not cost much — such as assigning staff to specific parks and posting their contact information, so the public knows who to call and staff take greater ownership of their work.

"The easiest thing is to just say yes more often to community groups. The city has made it very hard, very frustrating," says author David Harvey.

"Too often, it's the city's park and not the public's park."

"Make it simpler. Do you really need a permit for 25 people going on a walk through a park?"
DAVID HARVEY

Harvey points to permit requirements that have shut out seniors on a walk, or placed restrictions on new pizza ovens, as bureaucrats study a city-wide policy. Insurance rules make it tough for groups to organize formal events.

However, he conceded permits will still be needed to assign baseball diamonds and soccer fields.

If the city were to embrace more of each local community's ideas and energy, it could lead to improvements — from gardens to farmers' markets.

Given that the municipal election is four weeks away, it's a good time to ask candidates where they stand on the city's parks, he said.

"This campaign just seems to be focused on pocketbook issues," Harvey said.

"Parks really matter to the people of Toronto. We need to stir up a debate about parks and public spaces."
TORSTAR NEWS SERVICE

JACK LAKEY/TORSTAR NEWS SERVICE

▶ More picnic tables in city parks would be an improvement, according to a new report.

More ideas to help parks blossom

▶ Consider adopt-a-park programs; private partnerships — including possible naming rights to parks — in exchange for corporate or individual investments.

▶ Create an arm's-length agency to oversee parks management, as is done in Vancouver and Minneapolis. Harvey holds up the Toronto Public Library system, which is governed by such a board, as an example of driving innovation.

"Because it's separate and independent, it's got more creativity and more flexibility," he said, noting how well the library has adapted to changing technology, offering much more than just books. "They're thinking about how to make a better city and serve their customers."

▶ Cities like Paris and New York are famous for parks that have become destinations, such as Luxembourg Gardens and Central Park — something Harvey believes is missing in Toronto.

"These parks have so many spinoff benefits," he said, noting they might draw more businesses to the area, create community cohesion and more green space in the city, where highrise living is becoming more commonplace. **TORSTAR NEWS SERVICE**

1 news

News on the move

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Tenants still in limbo after fire

1,200 residents affected by St. James Town blaze Many are vulnerable — immigrants and the physically or mentally challenged

DAVID COOPER/TORSTAR NEWS SERVICE

An apartment fire on the 24th floor at 200 Wellesley St. E. Friday has put hundreds of people out of their homes.

Teresita Bagorio and her two daughters, ages 6 and 7, anxiously awaited word yesterday on whether or not they could return to their home.

Bagorio is one of hundreds of residents forced out of a 30-storey apartment building at 200 Wellesley St. E. late Friday afternoon after a six-alarm fire broke out on the 24th floor.

Bagorio, who lives on the 19th floor, had gone to pick up her kids at daycare after work and wasn't in the building when the fire started.

She came home with her kids to find fire trucks and police blocking entrance to the building as flames and black smoke shot out of a 24th-floor balcony.

Her children were crying at the sight of the fire and asking where they were going to live, she said. She tried to settle them, but they just kept crying. The family stayed with friends over the weekend.

Bagorio and her girls returned to the building yesterday hoping they could get inside. But they have not been updated on the status of a building inspection, or the earliest they can possibly return home.

Investigators from the Ontario Fire Marshal's Office continued to comb through the building, trying to determine if it is safe for occupancy and what triggered the fire. There are close to 711 units to inspect as well as the building's infrastructure. It may be months before investigators are able to say what caused the fire.

The City of Toronto has set up a bank account for donations for residents. The donation is tax deductible and can be dropped off to city staff at the Wellesley Community Centre, 495 Sherbourne St., or mailed to the Toronto Office of Partnerships at Metro Hall.

Gift cards for grocery, department stores and drug stores are also being accepted. Donations of cheques, gift cards and clothing are being accepted at 519 Church St.

TORSTAR NEWS SERVICE

Pets

- Some tenants still fear for their pets that were left in the building.
- Toronto Animal Services was allowed into the building Saturday to rescue pets. If a pet was not visible in an apartment, officials made sure food and water were left out.
- Toronto Animal Services is asking Torontonians if they have extra cat carriers to donate to contact them.

Funeral planned for slain nurse

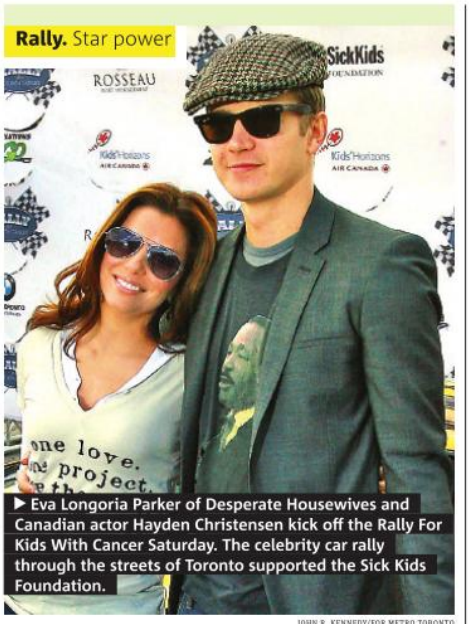
A memorial mass for a murdered Orangeville woman will be held next week.

Sonia Varaschin's body was found in a remote area earlier this month. The 42-year-old nurse was reported missing in August after she failed to show up at work.

The service will be held Oct. 7 in Bolton.

THE CANADIAN PRESS

Rally. Star power



Eva Longoria Parker of Desperate Housewives and Canadian actor Hayden Christensen kick off the Rally For Kids With Cancer Saturday. The celebrity car rally through the streets of Toronto supported the Sick Kids Foundation.

JOHN R. KENNEDY/FOR METRO TORONTO

Start your engines ...

CAA LABOUR DISPUTE

"ALL THE EMPLOYEES ARE LOOKING FOR IS TO HAVE A FAIR DEAL"

130 About 130 workers could walk off the job.

CAA workers in some parts of Ontario are set to strike today, but emergency roadside assistance will continue as normal, the company said.

The Canadian Automobile Association employees planning to strike include travel agents, service consultants and insurance agents.

They work out of offices in and around Toronto, Barrie, Orillia, Oshawa, Sault Ste. Marie, Simcoe and St. Thomas.

Stores will be closed but CAA says members can still make travel bookings, renew memberships and buy insurance by phone or the Internet.

The employees are represented by the United Steelworkers and the Canadian Auto Workers unions, who said talks broke down yesterday morning.

Stuart Deans, a spokesman for the USW, said the dispute is over a two per cent annual wage increase.

"We want the public to put the pressure on the company and say we provide an essential service to the public and all the employees are looking for is to have a fair deal," he said.

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News in brief

Leak closes grocery store

CHEMICAL. A Loblaws store on Broadview Avenue near Danforth Avenue was closed over the weekend after several employees were overcome by fumes due to a chemical leak.

In a statement, Loblaws said three employees, a customer, and a vendor doing food demonstrations were taken to hospital.

Toronto Police Duty Insp. Richard Hegedus said they were all released.

The store was evacuated Saturday.

Loblaws said last night it was working with an environmental company, the fire department and the Ministry of Labour to determine the cause of the incident.

It said the store will reopen once the problem has been fixed.

THE CANADIAN PRESS

Helping those who aren't making the grade

- Patchwork data, no national stats on retention rates: Canadian Federation of Students
- In 2008, 89 per cent of Ryerson students continued from first year to second year

A grade of C+.

It's enough to shake up a first-year student and spell the end of university career, say some school officials.

As mid-term marks begin to pour in for university freshmen over the next few weeks, Ontario schools say they're on hand to help curb dropout rates across the province.

"We're dealing with students who are overachievers in high school. They often have never had anything worse than an A," said Deanne Fisher, director of student life for the St. George campus at the University of Toronto.

"So, when they come to U of T and find they might have got a C+, or worse, on their first mid-term that can have quite an emotional impact on them," Fisher added.

While most students continue with their studies after first year — retention rates are steadily improving for many universities — there are still a small number of students deciding to pack it all in.

The reasons are varied, from a crisis at home, to poor marks, financial struggles to a program that just doesn't deliver.

For instance, Adam Miceli, 24, a music student at the University of Toronto, began at York University in biology five years ago. By the time second semester had rolled around, he knew he was ready to leave the school.

"I was coming right out of high school. I was thrown into things," said Miceli, who said he had been overwhelmed by classes the size of stadiums.

THE CANADIAN PRESS

"The primary barrier to success for our first-year students is not financial, it's their own academic performance."
DEANNE FISHER
DIRECTOR OF STUDENT LIFE
U OF T, ST. GEORGE CAMPUS

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Ryerson students march down Bay Street earlier this month to celebrate the beginning of the new school year.

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MUNICIPAL POLITICS

Decision looms in Durham

Yes or no? That is the question voters in Durham Region will find on their ballots Oct. 25.

Specifically, the question is whether the most powerful spot in local government, the regional chair, should be filled by election instead of the existing method of appointment.

Ask advocates for reform why it matters and you get answers like democracy, accountability and leadership. On a personal level, some folks think it's high time Roger Anderson made his exit after 13 years. Ajax Mayor Steve Parish takes a different tack in arguing for change.

"Fifty-four cents of every tax dollar goes to regional matters and they (taxpayers) don't have any say in how it's spent."

TORSTAR NEWS SERVICE

New record set at Toronto marathon

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Kenneth Mungara of Kenya raises his arms in victory after winning the Scotiabank Toronto Waterfront Marathon yesterday for the third straight year.

- Kenyan runners win main events
- GTA runner takes half-marathon

For the third consecutive year, Kenneth Mungara won the Toronto Marathon, and for the second straight year he set a new record.

The Kenyan runner finished ahead of about 20,000 other competitors at the 21st annual race, with a time of 2:07:58. He broke his own 2009 record time of 2:08:32.

Dagim Yeshitela of Mississauga placed first in the half-marathon with a time of 1:03:25. Sharon Cherop of Kenya won the women's event in a time of 2:22:42. Nicole Stevenson of Toronto won the women's half-marathon in 1:19:07.

The event — which included a full marathon, a half-marathon and a five-kilometre run — began at 7:30 a.m. yesterday on University Avenue and concluded at the corner of Bay Street and Queen Street.

Major downtown roads were closed as thousands of runners took to the streets, many on behalf of different charities.

"(This year's results) kind of put this marathon on the map. This marathon got a lot of momentum going forward."
REID COOLSAET, OF HAMILTON, WHO PLACED 10TH

Reid Coolsaet said the results were good enough this year to put Toronto in a class with other major marathons like Boston, Chicago, and New York.

Coolsaet, 31, was the fastest Canadian in the full marathon, crossing the finish line in two hours 11 minutes 23 seconds. That's his personal best, and fast enough to qualify him for next year's world championships and the London Olympics in 2012. It's also the fastest marathon ever run by a Canadian on home soil, said race organizer Alan Brookes.

TORSTAR NEWS SERVICE

New reason to discuss suicide

Suicide and how to prevent it don't make for easy conversation, but James Bolton is hoping to get people talking.

The University of Manitoba psychiatry professor has presented new research he's brought together on suicide prevention at the Canadian Psychiatric Association's annual conference in Toronto, and he's hoping the audience was listening closely.

For example, research found that nicotine dependence is a major suicide risk factor. Another study found that training people in First Nations communities to identify people at risk might lower suicide rates.

Bolton, who is a clinician-scientist, is hoping the fresh findings, coupled with discussion of a blueprint for a national suicide prevention strategy, will help bring the issue to the forefront, especially for the federal government.

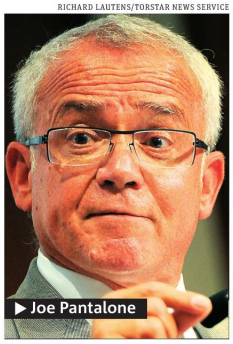
"Suicide is a major public health problem here in Canada," said Bolton. "I see the devastating effect this has on patients, on their families, friends. It boggles my mind that this strategy has not been implemented."

"Canada is a leader in public health and to be one of the few industrialized nations that doesn't have a suicide prevention strategy, I think that's a problem."
JAMES BOLTON, PSYCHIATRY PROFESSOR AT THE UNIVERSITY OF MANITOBA

The blueprint, put together by the Canadian Association for Suicide Prevention, was first released to all levels of government in 2007, and a second edition was published in 2009.

The yet-to-be-published findings from various researchers were put into context with discussion of the existing prevention-strategy blueprint at a symposium led by Bolton yesterday. THE CANADIAN PRESS

RICHARD LAUTENS/TORSTAR NEWS SERVICE



▶ Joe Pantalone

Getting Ford's facts straight

Here's a closer look at one of many points of contention that have recently arisen during the Toronto mayoral race.

Claim: Rob Ford said residents were hit with a five per cent property tax hike. Joe Pantalone said the increase was actually 2.9 per cent.

The background: During a mayoral debate on TVO, Rob Ford told host Steve Paikin "the residents of this city have been hit with a property tax increase of five per cent every year."

Pantalone shot back: "He gets the facts wrong … It was 2.9 per cent overall."

The smell test: When the city announced it had reached a balanced budget in February, a four per cent residential tax hike was expected as part of the funding strategy.

Less than one month later, Mayor David Miller announced a surprise $100-million budget windfall and the city pared the residential property tax to 2.9 per cent.

Verdict: Pantalone's claim is fragrant. Ford's claim is foul.

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TOM HANSON/THE CANADIAN PRESS

▶ Gov. Gen. Michaëlle Jean tests tap water at a school in Haiti, five days after the deadly Jan. 12 earthquake.

Tough shoes to fill for new GG

Accolades pouring in as Michaëlle Jean wraps up her term this week ◐ David Johnston replaces her

A yellow school bus rumbled to a stop at the village grocery store just north of the Arctic Circle and, without warning, a bundled-up Governor General had walked in and was wandering the aisles.

Michaëlle Jean considered the prices an outrage.

The subsequent scene was a solitary snapshot of Jean's five-year term, which concludes this week with viceregal transition ceremonies. Her immediate instinct was to suggest public subsidies that might help bring down the cost of fruits and vegetables there.

Ottawa has since announced a $60-million subsidy program called Nutrition North Canada.

Jean has been far more muted about the key historic moment of her term.

She's maintained a steadfast silence in public about her decision to grant Prime Minister Stephen Harper the prorogation that saved his government but, privately, has defended the 2008 move as the constitutionally sound one.

There will be occasions to assess Jean's term this week as it concludes with a military salute, an event in Parliament, and a tree-planting ceremony at Rideau Hall. She moves on Thursday to the next phase in her life as a UN envoy to Haiti, her earthquake-battered birthplace.

The man who replaces her, David Johnston, brings with him undisputed gravitas and stellar credentials as an academic and public servant. But any of her successors would be hard-pressed to outperform Jean in some aspects of the job. Few public figures will ever command a higher profile as a Canadian spokesperson.

Jean's office estimates that between Jan. 12, the date of the Haiti earthquake, and her departure this week, she received at least 166 interview requests from media outlets like CNN, Al Jazeera, and the BBC.

She charmed the leaders of G8 powerhouses and failing states alike. Newspaper columns in France and Africa were especially breathless, comparing her to figures like Nelson Mandela, Lady Diana, Pele and Muhammad Ali.

THE CANADIAN PRESS

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THE CANADIAN PRESS

▶ Paul Compton and his son, Mateo, are shown in a family photo. Mateo was born in Lima, Peru, just five months after a revamp of the Citizenship Act last April brought a first-generation limit to citizenship by descent for Canadians born abroad.

New citizenship rules baffle Canuck father

Child must be born in Canada or sponsored Once residence is obtained, parents can apply for citizenship

When Paul Compton was born in Scotland, his parents rushed to register him as a "Canadian born abroad." They were finishing university and were eager to cross the Atlantic to raise their son as a true Canuck.

But 40 years later, their effort to ensure their son's citizenship has resulted in their grandson being ineligible for his.

Compton's son Mateo was born in Lima, Peru, just five months after a revamp of the Citizenship Act last April brought a first-generation limit to citizenship by descent for Canadians born abroad.

"It's ludicrous," said Compton. "The most important thing for me to do for my children would be to give them my heritage of being Canadian. And I can't do that."

"My government believes that Canadian citizenship is more than a legal status, more than a passport, and we expect citizens to have an ongoing commitment, connection and loyalty to Canada."
IMMIGRATION MINISTER JASON KENNEY

Compton, who was brought to Canada when he was five months old, lived in the country until his early 30s. A teacher, he wanted to work in international schools. He now lives in Lima with his Peruvian wife, but plans to bring his family back to Canada in the future.

His first son, born before the new rules came into effect, automatically became a citizen and has a Canadian passport. Mateo, now a year old, doesn't.

Last year's legislation, Bill C-37, was brought in to solve the problems of so called "lost Canadians" — thousands whose citizenship had been taken away from them by outdated provisions of the 1947 Citizenship Act.

But the addition of the first-generation limit created a new problem of statelessness in children born abroad to Canadians who themselves were born overseas. At the time, the government had said the limit was introduced to preserve the value of citizenship.

"They've taken the pride I had at being Canadian away from me," said Compton. THE CANADIAN PRESS

No U.S. payments yet for detainee abuse

Fending off demands that he resign over the Abu Ghraib prison scandal, then-U.S. defence secretary Donald H. Rumsfeld told Congress in 2004 he had found a legal way to compensate Iraqi detainees who suffered "grievous and brutal abuse and cruelty at the hands of a few members of the United States armed forces."

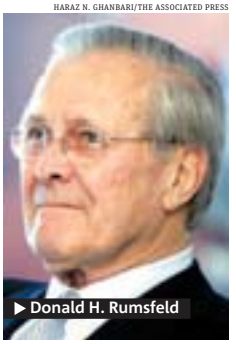
"It's the right thing to do," Rumsfeld said. "And it is my intention to see that we do."

Six years later, the U.S. Army is unable to document a single payment for prisoner abuse at Abu Ghraib. Nor can the more than 250 Iraqis or their lawyers now seeking redress in U.S. courts. Their hopes for compensation may rest on a Supreme Court decision this week.

The Army says about 30 former Abu Ghraib prisoners are seeking compensation from the U.S. Army Claims Service. Those claims are still being investigated; many do not involve inmate abuse.

The Army said U.S. Forces-Iraq looked at its records and could not find any payments to former detainees. The Army also cannot verify whether any such payments were made informally through Iraqi leaders. THE ASSOCIATED PRESS

HARAZ N. GHANBARI/THE ASSOCIATED PRESS



▶ Donald H. Rumsfeld

Compensation

From 2003 to 2006, the Defence Department paid $30.9 million US to Iraqi and Afghan citizens who were injured or incurred property damage by U.S. forces during combat.

- **Missing payments.** The Army has found no evidence those payments were used to compensate victims of abuse.
- **Legacy.** Instead, a court battle mirrors the Iraq war — a grinding, drawn-out conflict.
- **U.S. Supreme Court.** Former detainees are asking justices to step into a case alleging that civilian interrogators and linguists conspired with soldiers to abuse prisoners
- **Immunity.** The U.S. government is immune from lawsuits arising from combatant activities.

Don't ask, won't tell, says DND

National Defence has a "Don't ask, won't tell" policy on Canadian soldiers wounded in Kandahar.

The department will release statistics on how many are injured, but only if specifically asked about the information, say federal documents. The army stopped reporting battlefield injuries to journalists on the ground late last year as part of a stepped up campaign to confuse the Taliban.

THE CANADIAN PRESS

Scan code for story

Canadian free after bomb scare

A Canadian man pulled off a Pakistani passenger jet flying from Toronto and detained over a bomb scare Saturday was freed, but RCMP were considering if a tipster should be charged with calling in a hoax.

A pilot of a Pakistan International Airlines Boeing 777 asked to land at Arlanda Airport in Stockholm after Canadian authorities received a tip that a passenger was carrying explosives.

Swedish police said the call was made by a woman in Canada, but after questioning passengers, crew and the suspect — a 25-year-old Canadian national — police deemed there was no threat. Authorities are now working with the man to arrange a flight to Pakistan. THE CANADIAN PRESS

Elmo fends off attacker in tussle

Elmo was not tickled — he was in a tussle.

Police in central Florida say a man dressed as the Sesame Street character was attacked Saturday at a music store in Winter Park, but he was able to fend off the attacker.

The costumed man had been hired to perform as Elmo at a children's event at Guitar Center, but police say the attacker began throwing punches at Elmo. The performer fought back, even breaking a few fingers on his attacker's hand.

Police haven't released the names of either man. Officers broke up the fight and took the attacker to hospital, where he was treated and detained for a mental health evaluation. THE ASSOCIATED PRESS

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Newfoundland welcomes help from military

More than two dozen communities still cut off from last Tuesday's mammoth rainfall from hurricane Igor

Sea Kings beat overhead and soldiers were on patrol yesterday as the small town of Clarenville, on Newfoundland's east coast, became a military base for hurricane relief.

Army trucks and jeeps rumbled along the main drag in this picturesque town of about 5,000 people as 140 troops from Canadian Forces Base Gagetown, N.B., prepared to help.

Soldiers in green fatigues milled around the local civic centre that has become the staging ground for Operation Lama, standard military code for hurricane response. They have come to pitch in with a rebuilding task that is well underway since hurricane Igor blew through last Tuesday, leaving a wide path of destruction.

140 Troops have arrived from CFB Gagetown including engineers who will assess and rebuild roads and bridges.

Randy Phillips, a construction contractor who lives near Clarenville, has been working since Wednesday to fix crumbling roadways. He welcomed the military's arrival.

"There's a lot of bridges down," he said as he headed back to work on the Cabot Highway on the Bonavista Peninsula.

"A lot of those people are crying out for help," Phillips said. "They're running out of groceries. They're running out of gas."

Lt. Ian McIntyre visited some of the worst damage in the province yesterday in nearby Port Rexton and Trouty with a team of military engineers and provincial officials. They were there to assess how soldiers can best use their skills and heavy equipment when their rebuilding effort starts as early as today.

THE CANADIAN PRESS

Karaoke. Star.

▶Edward Pimentel shows off his prize at the Karaoke World Championships yesterday in Moscow.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Let's hope he likes dumplings

Edward Pimentel from Albuquerque, N.M., won one million Russian dumplings at the Karaoke World Championships yesterday. Organizers said the dumplings are enough to last 27 years if someone eats 100 per day. The Moscow audience voted him their favourite early yesterday.

Queen's homecoming quiet

Police in Kingston are thanking visiting officers who helped keep things relatively quiet at the Queen's University unofficial homecoming.

OPP and officers from places like Toronto, Belleville, and Durham monitored the event, which has seen rowdiness in past years. Police say about five arrests were made early Saturday night, mostly liquor infractions.

Police also received some noise complaints.

THE CANADIAN PRESS

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U.S. Dems aim to extend cuts

The White House and Democratic leaders in Congress said yesterday they would find a way to extend middle-class tax cuts after the November elections, unable to secure Republican backing before lawmakers break to campaign.

"One way or the other, we're going to get it done. And I believe the pressure is going to build among the American people" said David Axelrod, U.S. President Barack Obama's top political aide.

Democratic leaders have said they want to freeze tax rates for individuals making up to $200,000.

House Speaker Nancy Pelosi had suggested that a vote could be held this coming week before lawmakers leave town for the elections. But her deputy, Majority Leader Steny Hoyer, said yesterday that holding a vote wouldn't matter because the legislation is still languishing in the Senate under Republican objections.

Both parties are using the delay in a vote on the fate of these George W. Bush-era cuts.

THE ASSOCIATED PRESS

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Police. Memorial

Thousands of police officers were on Parliament Hill yesterday for a memorial to colleagues killed in the line of duty.

PAWEL DWULIT/THE CANADIAN PRESS

The ultimate sacrifice

Erin Ochakovsky holds her son, Owen, as they have their photo taken beside a Peel Regional police officer, who holds a Peel Regional hat in memory of Const. James Ochakovsky, who died March 2. The annual Canadian Police and Peace Officers' Memorial Service was held on Parliament Hill yesterday. Various forces marched past the steps in front of the Peace Tower, where seven caps and stetsons of officers who died over the past year were laid.

Polish tourists die in German bus crash

At least 12 people were killed and dozens injured yesterday when a bus carrying Polish tourists crashed on a highway southeast of Berlin, police said.

Arne Feuring, president of police in Frankfurt an der Oder, told the news agency DAPD that seven of the wounded were in critical condition, while another 27 suffered injuries that were not life-threatening.

Polish Prime Minister Donald Tusk and Health Minister Ewa Kopacz arrived in Berlin later yesterday to view the crash site and visit the injured, who were being treated in several Berlin hospitals.

Ahead of his arrival, Chancellor Angela Merkel called Tusk to express her sympathy and vow that German doctors and officials would do their utmost to help heal the wounded. An investigation into the accident has been launched. THE ASSOCIATED PRESS

Japanese PM rejects demand for apology

China has asked for restitution over detention of boat captain Tensions high between two nations

Japanese Prime Minister Naoto Kan yesterday rejected China's repeated demand that Tokyo apologize and offer compensation for the arrest of a Chinese boat captain whose detention caused relations between the Asian neighbours to plunge to their lowest level in years.

The diplomatic back and forth over the weekend demonstrated that nationalistic sentiments stirred up by the incident show few signs of dissipating.

Tensions have already affected business ties between the nations' intertwined economies — the world's second and third largest.

KYODO NEWS/THE ASSOCIATED PRESS

▶ Japanese Prime Minister Naoto Kan.

"I have no intention of accepting (the demand) at all," Kan said. "It is important for both sides to act with a broader point of view."

Kan made the remarks after China reiterated its demand for an apology from Japan late Saturday, hours after Japanese authorities released the captain whose vessel collided with Japanese patrol boats near disputed islands this month.

Several major newspapers in China yesterday carried reports about Chinese calls for an apology and compensation on their front pages, some with photos of the returned boat captain being greeted by his wife and son.

THE ASSOCIATED PRESS

Man loses fingers in tug of war

A Nova Scotia man had his fingers severed in a tug of war during a fair over the weekend.

Jim Thurber, 59, was participating with about 40 other people in the tug of war Saturday in Bear River in southwestern Nova Scotia when he suffered the injury.

Reta Thurber, his mother, said the accident was particularly unfortunate because he had retired a month ago as a municipal warden in Digby, N.S., and had been looking forward to playing golf.

Brent Mansfield, who was also taking part in the tug of war, said he saw Thurber lying on the ground in visible pain, holding his hands together.

Mansfield said he and another man cut the piece of rope containing a part of Thurber's left hand and carried the severed fingers to a nearby store and put them on ice. THE CANADIAN PRESS

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Settlement activity rekindled

Dozens of Jewish settlers broke ground on a new day-care centre deep inside the West Bank yesterday to celebrate the end of the government's 10-month-old construction slowdown at midnight — symbolically renewing settlement activity that threatens to derail peace talks with the Palestinians. THE ASSOCIATED PRESS

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Jewish activists challenging Gaza blockade

Ship travels at politically sensitive time: Israel embargo on new settlements in the West Bank expired yesterday

ELISABETH BRAW
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METRO WORLD NEWS IN LONDON

VISH VISHVANATH/FOR METRO WORLD

▶Reuven Moskovitz

Yesterday, a ship carrying a Holocaust survivor and nine other Jews left Cyprus bound for Gaza. The ship will attempt to break the Israeli blockade of the Palestinian territory. Its cargo: Toys and medical equipment.

"Israeli government policies are not supported by all Jews," says Richard Kuper, speaking on behalf of Jews for Justice for Palestinians, sponsor of the trip. "We call on all governments and peoples around the world to speak and act against the occupation and the siege."

Previous attempts to deliver humanitarian aid to Gaza have been thwarted by Israel. In May, Israeli troops killed nine activists onboard a Turkish ship on its way to Gaza. But unlike the Turkish flotilla, the British vessel Irene, now en route, carries a group of Jews, including a nurse from Germany and Reuven Moskovitz, a Romanian Holocaust survivor who has lived in Israel for more than 60 years.

"We Jews should have our own country," Moskovitz told Metro. "But it's wrong for us to oppress another people. We just celebrated Yom Kippur, the feast of reconciliation. I think we should practise reconciliation, too. Many Israeli Jews share my opinion, but they don't dare to say it aloud. If you get involved on behalf of the Palestinians, you're seen as a traitor."

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Drunk driving laws not tough enough: Mom

Retired teacher channels her grief over daughter's death Federal government says it is listening

Sandra Green was vacationing in Mexico last winter when she learned on the Internet that her daughter and son-in-law had been killed by a suspected impaired driver in Alberta.

Their five children had suddenly become orphans.

Green, 61, and other relatives rushed to Red Deer to look after the family, but she says the pain was so intense she could barely breathe.

In the weeks that followed the crash, the retired teacher decided to channel her grief and anger by using the deaths of Krista and Brad Howe as a rallying point for tougher drunk driving laws. Green wants to spare other families the same ordeal and the federal government says it is listening.

Taking action

- **Sandra Green's online petition can be found at www.itsnotanaccidentits murder.info**

"I have not spent one tearless day since Feb. 7. You can't imagine how horrible it is," said Green, who now helps her other daughter, Karla, raise the children, who are between five and 15 years old.

Green has written to Prime Minister Stephen Harper calling for automatic jail terms for drunk drivers. She also wants those convicted of a second impaired offence to lose their licence for life.

In a written reply to Green, Harper said the deaths are a reminder that the federal government must consider taking further steps to discourage impaired driving.

Justice Minister Rob Nicholson told Green in another letter that Ottawa is seeking input from the provinces before making Criminal Code changes that would allow police to randomly conduct breath tests on drivers.

THE CANADIAN PRESS

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Megachurch's pastor vows to clear his name

Spoke to thousands for first time since lawsuits were filed Church members said they will support him

The famed pastor of a Georgia megachurch, Bishop Eddie Long, said yesterday he will fight allegations that he lured young men into sexual relationships, stressing he would be back to lead the church the next week.

Four young men have filed lawsuits in the past week — three who live in Georgia and one from Charlotte, N.C., who attended one of Long's satellite churches there. Two claim they were members of the church's LongFellows Youth Academy, a program that taught teens about sexual and financial discipline, when Long gave them gifts and took them on trips to seduce them.

JOHN AMIS/THE ASSOCIATED PRESS

▶ Bishop Eddie Long

Long — who has been an outspoken opponent of gay marriage and whose church has counselled gay members to become straight — has been named as a defendant in the lawsuits. But federal and state authorities have said they will not investigate the allegations because all four men said they were 17 and 18 years old when the relationships with Long began — older than Georgia's age of consent, which is 16.

Long, a father of four, has become one of the most powerful independent church leaders in the U.S. He led New Birth as it grew from a suburban Atlanta congregation of 150 to a 25,000-member powerhouse with a $50-million cathedral and a roster of parishioners that includes athletes, entertainers and politicians.

THE ASSOCIATED PRESS

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▶ Members of the Scottish team arrive yesterday at the Indira Gandhi International Airport ahead of the Commonwealth Games in New Delhi, India.

Canada goes to bat for others

Commonwealth Games still dogged by cleanliness, security complaints ◐ Snake found in athlete's room

With the first members of the Canadian squad set to arrive today at the Commonwealth Games, officials say the rooms in the troubled athletes' village are finally ready.

But other countries are finding themselves in need of someone in their corner, the president of Commonwealth Games Canada said yesterday.

Dr. Andrew Pipe said teams from other nations haven't had the advantage of an advance team like Canada's.

"We think it's very important for us to be advocating on their behalf," Pipe said in a conference call.

Pipe said some 90 beds have been approved, with another 30 awaiting inspection. He added that all four elevators in the building housing the athletes are now operational.

"For the first time, members of the Canadian team are sleeping in the village," Pipe said. He said Canadian organizers have received copies of building certificates confirming fire and structural safety.

THE CANADIAN PRESS

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Food prices are falling: Grocers

TORSTAR NEWS SERVICE FILE

▶ Sobeys, Loblaws and Metro, which together make up 60 per cent of the Canadian grocery market, maintain that ultra-competitive pricing is causing prices to fall and is taking a toll on their bottom lines.

Industry experts say trend is expected to reverse next year

Industry insiders say if grocery prices are falling, as Canada's largest grocery chains report, it's hard to tell because they don't reveal how they calculate price fluctuation and the declines are likely limited to highly competitive areas and selected promotional products.

Furthermore, any price deflation will soon be erased by higher costs and improved demand.

Economists, organizations, academics and analysts say short-term food price deflation is based on chains competing for scarce shopping dollars and will rise into next year along with improved consumer sentiment and commodity prices.

John Cranfield, a professor of food economics and marketing at the University of Guelph, says no one wants to raise their prices because that will only encourage fickle customers to switch their loyalties.

"The deflation is what we call self-inflicted disinflation — it's associated with competitive activity that's taken place."
BILL MCEWAN, SOBEYS PRESIDENT

The rising prices of key crops like wheat and corn, which are found in an array of items on supermarket shelves, and other staples like coffee and sugar is going to further squeeze grocers' margins.

Wheat prices are expected to spike into next year after Russia — the world's third-largest wheat exporter — extended its export ban on wheat and feed grains until next November following a severe drought.

Corn prices are also expected to rise due to an increase in demand for ethanol use.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

DOLLAR	Natural gas 1,000 sq ft	OIL	TSX
+ 0.79¢ (97.50¢)	US $3.892 (– 12.7¢) Gold contracts $1,296 (+$1.80)	+ $1.31 ($76.49)	– 103.07 (12,204.86)

Canada gets closer to a deal

Canada moved a step closer to a comprehensive free trade deal with India Friday with the release of a joint research paper that strongly urges closer economic ties.

At a news conference on Parliament Hill, India's industry minister said such a deal would benefit both countries.

Answering a question about the poor preparations for the Commonwealth Games, Anand Sharma noted that India is emerging as an economic powerhouse and anyone who misses the boat will be the loser.

Canada's Trade Minister said the report shows Canada's economy could benefit by anywhere from $6 billion to $15 billion annually.

THE CANADIAN PRESS

Traders eye growth

Traders will focus on key data this week concerning growth in Canada and the state of the American manufacturing sector.

The July reading on Canadian gross domestic product comes out Thursday while the widely watched U.S. Institute for Supply Management's manufacturing index will be released Friday.

2% Overall, the economy grew at an annualized rate of two per cent in the second quarter.

THE CANADIAN PRESS

Grant money wasted: Report

Federal grants to improve the energy efficiency of existing buildings across Canada worked reasonably well for homeowners, but were largely a waste of money for businesses, a new study suggests.

The so-called ecoENERGY program the Conservative government introduced in 2007 prompted about half a million homeowners to insulate walls and attics and buy better furnaces — most of it work that otherwise would not have been done. But the majority of businesses that received grants under the program would have done the retrofits anyway, without the incentive of federal cash.

The internal evaluation of ecoENERGY, dated Sept. 15, examined the so-called "free rider" problem; that is, how many recipients of grants would have carried out the energy-efficiency improvements even without the incentive of taxpayer-funded subsidies?

The Canadian program had an acceptable 25 per cent "free rider" level, based on a survey of homeowners. THE CANADIAN PRESS

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HELPING TORONTO'S NEEDY GET NERDY

Urban Compass

CAROLYN MORRIS

The computers in Wayne Smith's office are homemade. And by homemade I mean this industrial warehouse in the Junction is filled with old electronic junk — piles of old computer towers, monitors, wires and motherboards — where Smith spends a good part of his week.

Along with a small group of computer enthusiasts, Smith launched Free Geek Toronto last March with funding from the Toronto Enterprise Fund's annual business plan competition. They have also received a grant from the Trillium Foundation. Part recycling depot, part community technology centre, the organization that's all about "helping the needy get nerdy" takes old computers and either sorts the parts for ethical disposal, or teaches volunteers how to refurbish them.

Smith is the only employee, but he shares the centre with more than 130 volunteers. Today, the middle-aged man with short, salt-and-pepper hair and glasses is taking a group of potential volunteers on an orientation tour. He waves his hands for emphasis as he tells us about the centre. Inspired by the original Free Geek, which opened 10 years ago in Portland, Ore., it sets out to do something with the massive amount of electronic waste produced every year.

"It's about recycling, and also about making computers accessible."

He points at the piles of electronic waste, sorted and waiting for pickup — the organization gets $200 per ton through the Ontario Electronic Stewardship program. But it pulls out some of the precious metals — traces of gold, platinum and copper — to get a better price, and to reuse as much as it can. It also diverts the salvageable parts.

"It's about recycling, and also about making computers accessible," he says. If you volunteer at Free Geek for 24 hours, you can go home with a free, refurbished Pentium 4 with an open source operating system and programs. In a more intense, 60-hour program, you can learn to build a computer from parts. Smith tweaks the teaching-a-man-to-fish adage and concludes the centre can "free you from techno-slavery for the rest of your life."

At the back of the warehouse, shelves house computers labelled with masking tape — Henry, Erica and Allen's machines are in the "in-progress" section, Eric's is built and in the testing shelf.

But the program is not just for the needy — Smith says many of the volunteers aren't there for the free computer, but for the cause.

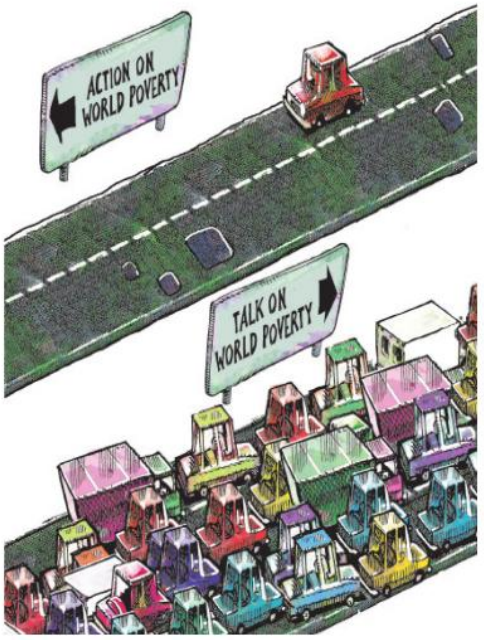
To get involved, see www.freegeektoronto.org.

Read more of Carolyn Morris' columns at metronews.ca/carolynmorris

Cartoon

MICHAEL DE ADDER
metro

Less mumbo jumbo



Worth mentioning

Bureaucrats at the federal energy watchdog are about to get a crash course in clear writing.

The National Energy Board has hired a consultant to give its staff plain-language training, new documents show.

The training will cost about $155,000.

The energy board says the public will have an easier time understanding its reports and rulings if they're written in simple sentences.

The board has been reviewing offshore drilling rules since a rig exploded in the Gulf of Mexico and caused a catastrophic oil spill that tooks months to plug.

Documents obtained by The Canadian Press under the Access to Information Act show the board's vice chair took a plain-language course and thought the training could help her staff. The board has brought in Calgary-based Wordsmith Associates to give two-day courses, which will be held five times a year for the next three years.

But one critic says Canadians shouldn't have to foot the bill for such a seemingly basic skill. "So, taxpayers, in effect, are paying to translate bureaucratese into English, or French per se?" said Kevin Gaudet, head of the Canadian Taxpayers Federation. "Great." THE CANADIAN PRESS

Keep it simple

What superpower do you wish you had? Why?

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Metro Minute with Abilities arts fest

Instead of taking that 30-minute power lunch today, why not feed your spirit? Bet you didn't know about the Abilities Arts Festival, which began in 2003. It's a round-the-calendar series run by a disability arts organization that promotes diversity, inclusiveness and the power of art as a means of enriching the cultural fabric of our communities.

The festival's goal is to showcase artists with disabilities, while increasing support for accessibility so all can enjoy and participate. So mosey on down to the VMAC Gallery at 401 Richmond St. W. to check out the Connections 5 juried art exhibit, showcasing some of the finest visual artists in Canada — disability or not. JORDANA DIVON

▶ A more detailed calendar of events can be found at abilitiesartsfest.org.

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The story behind Facebook's creation

Author Ben Mezrich's 'non-fiction thriller' explores how several Harvard students created a billion-dollar social networking industry

CÉLIA PEDROSA
SCENE@METRONEWS.CA

American author Ben Mezrich recounts the birth of the world's biggest social network in the controversial book Accidental Billionaires: The Founding of Facebook, A Tale of Sex, Money, Genius and Betrayal.

Two students and friends, Mark Zuckerberg and Eduardo Saverin, wanted to meet girls and be accepted into the Harvard elite, so they started up a fledgling version of the now ubiquitous social network. The friendship ended up in court, and Saverin decided to tell his story to Mezrich. The book was adapted into a movie, The Social Network, that is coming out this Friday.

Mezrich spoke to Metro's Celia Pedroso.

Where did the idea for the book come from?
It started with an email I got from a college kid who was best friends with Eduardo Saverin. Eduardo wanted to tell me his story, about how he felt he had been betrayed by his best friend. I was fascinated by the drama of the youngest billionaire in the world, and what he had done to create Facebook. I was already on Facebook, and my wife uses it every day. I didn't know anything about how it had been founded, or the drama surrounding these two best friends.

Did you use a lot of sources from inside Facebook?
I had many sources inside and out of Facebook. Many college kids who had been there when it was founded and many people who are in the book itself. It took about a year to research and write.

What surprises did your investigation unearth?
I was surprised by how fast Facebook became this billion dollar company — and also how none of the characters central to the story really cared that much about getting rich. Mark (Zuckerberg) doesn't care about money, just about Facebook. It was amazing to see how these geeky college kids, who really just wanted to meet girls and be cool, managed to change the world.

Why did you decide to write it as a novel?
Actually, it isn't a novel, it's a nonfiction thriller — a genre that I am creating with my books, true stories written as if they were movies. This is my style — it upsets some journalists, especially here in the U.S., but I think it's a great way to tell a true story. The facts of the book are true, it's just written like a thriller.

▶ Ben Mezrich wrote the book Accidental Billionaires: The Founding of Facebook, A Tale of Sex, Money, Genius and Betrayal. The book was adapted for the movie The Social Network.

2 scene

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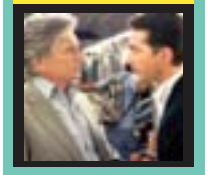

Movie fans are investing in Michael Douglas and Oliver Stone's Wall Street sequel. Wall Street: Money Never Sleeps debuted as the No. 1 weekend movie with $19 million, leading a crop of so-so to weak newcomers.

The animated adventure Legend of the Guardians: The Owls of Ga'Hoole opened in second place with $16.3 million. The mother-daughter comedy You Again debuted at No. 5 with $8.3 million.

THE ASSOCIATED PRESS

It's a wrap: 'Reach' marks bittersweet finale for Halo composer Marty O'Donnell

BILLY ELLIOT THE MUSICAL ELTON JOHN'S NEW SHOW IS "TH

Rising star Moretz stays grounded

Teen takes on child vampire role in Let Me In Coming off acclaimed roles in Kick-Ass and (500) Days of Summer Bonded with horror movie co-star

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

FRAZER HARRISON/GETTY IMAGES

▶ Chloe Moretz stars in Let Me In.

Chloe Moretz clearly isn't interested in acting her age. Last year, the 13 year old stole scenes from Joseph Gordon-Levitt as his precocious, romantic advice-dispensing little sister in (500) Days of Summer, and early this year she made a good case for renaming Kick-Ass after her character, Hit Girl, as she sliced and diced her way through a small army of bad guys. So how can she top all of that? By taking the lead in Let Me In as a vicious tween vampire. And yes, there will be blood.

But audience don't need to worry about the actress herself needing a psych evaluation.

"I just look for roles that are 100 per cent completely different than who I am, as a person," Moretz says. "I like to go into these different places and explore all these emotions and figure out everything about a character. It really depends on the script and what's a good character.

"Of course, I won't go overboard with it, but I like gritty material."

That's putting it lightly.

Let Me In is the American retelling of the Swedish film Let the Right One In, based on the novel by John Ajvide Lindqvist. Just don't call it a remake.

"I've seen parts of it, and I thought the parts that I have seen were really stunning. It was very well made," Moretz says. But as for people comparing the two, she'd rather they didn't. "That's how I feel about people seeing the movie," she says. "Put all the controversy aside and just go see the film for what it is and see what you take from it."

Moretz's co-star in Let Me In, Kodi Smit-McPhee, is no stranger to projects with more mature themes either. The 14-year-old Australian actor rose to fame in last year's The Road, the adaptation of Cormac McCarthy's bleak best-seller that set Smit-McPhee and Viggo Mortensen loose on a barren, post-apocalyptic landscape.

"Kodi is an amazing actor," Moretz gushes. "Being able to work opposite a kid who's just really, really amazing was great. With every actor, you could fake a relationship on screen, but it's a lot more work. When you actually have an emotional bond, everything flows naturally."

The nature of that bond, she admits, is a bit complicated.

"It's like a love-hate relationship," she says. "I call him an emo and he calls me a chav. It's a British term for a person who wears really baggy pants and thinks he's cool, but he's really not cool because he tries way too hard to be cool."

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▶ Francisco (right) and his mom in Waiting for "Superman".

Gambling on kids' futures

Waiting for "Superman" explores the problems of America's public school system Does for education what An Inconvenient Truth did for the environment

STEVE GOW
SCENE@METRONEWS.CA

Just as filmmaker Davis Guggenheim's An Inconvenient Truth popularized a disastrous human crisis so too does the filmmaker's big-screen follow-up Waiting for "Superman".

However, whereas An Inconvenient Truth cast the spotlight on the need for environmental change, this eye-opening documentary looks at a depleted American education system that relies on a lottery to determine which students get into the decent schools.

"Kids literally get a number and if the ball bounces the right way, they'll get in," said Guggenheim in Toronto recently. "(Producer) Leslie (Chilcott) and I, when we made this movie, thought no kid should have to play bingo to have a great education."

As such, Guggenheim follows several children awaiting their educational fate while exploring the effects of substandard schools on neighborhoods and how public education has become what Chilcott herself called "the opposite of what you hear of as the American dream."

"In terms of finding the kids, we looked all over the country," said Chilcott. "We thought it would be a lot harder and the sad thing is there were families like this all over the place."

A passionate exploration filled with shocking information about the educational crisis in America, the film's graphs and charts are only illuminated by Guggenheim's dynamic flair for juggling the numbers with stories.

"One of the lessons of An Inconvenient Truth was that audiences really dig real information," said Guggenheim. "So that was the design of this movie; really pushing the core of what's wrong with our schools with charts and graphs but against the backdrop of these kids who are lovely and have big dreams and are being failed by our schools."

Warning Sign

▶ "Use us in the U.S. as a warning sign," says producer Leslie Chilchott. Even though Canadian schools produce more equitable results than many nations, there's still much to do to ensure all kids get a good education. For more information visit: WaitingForSuperman.com.

BILLY ELLIOT THE MUSICAL TICKETS ON SALE TODAY!

An unlikely new comic book superhero is born

The Silver Scorpion first cross-cultural hero superhero Created by bringing together Syrian and American youth with disabilities

Comic book fans will soon be getting their first glimpse at an unlikely new superhero: A Muslim boy in a wheelchair with superpowers.

U.S. philanthropist and businessman Jay Snyder says he was inspired by President Barack Obama's effort to reach out to the Muslim world in his inaugural address.

Last month, Snyder flew 12 disabled Americans to Damascus to meet a group of disabled young Syrians, and one of their main goals was to come up with ideas and storylines for the new superhero.

"The only limit was the imagination these kids had — the opportunity for a great story," said Snyder, a comic book collector who heads HBJ Investments LLC and whose non-profit organization, the Open Hands Initiative, financed the project.

According to Sharad Devarajan, co-founder and CEO of Liquid Comics whose company is now turning the young people's ideas into pictures and a story for the first comic, their imagination was quite amazing.

"The opening question we asked the kids was if you could have any superpower what would it be? I've asked that question in many different groups before and the typical answers are always the ones you'd expect — flying, reading minds, or being super strong," he says.

"The fascinating thing about this group was that I don't think I heard any one of those three. Each of their ideas was so originally distinct."

The superhero's appearance hasn't been finalized, but he definitely will be a Muslim boy in a wheelchair.

Devarajan said the goal is to release the first comic book — launching the disabled Muslim superhero — in early November in both Arabic and English.

It will be the first in a series of comics with international superheroes, and while one will have disabilities others will not,

Initially, 50,000 Arabic-language comics will be distributed throughout Syria, and subsequent issues will be distributed elsewhere in the Middle East, Snyder said.

The comic will also be available worldwide for free in digital formats through the Open Hands and Liquid Comics websites. THE ASSOCIATED PRESS

▶ The new superhero is Muslim, who loses his legs in a landmine accident and must learn to come to terms with the reality of his disability while learning to use his newfound power to fight for social inclusion, equity and justice.

We Day attracts big names to help youth get involved

Free the Children's We Day takes place this Thursday in Toronto at the Air Canada Centre, and is an opportunity for youth to learn how they can create positive change in the world.

The event will feature speeches and performances from global leaders, social activists, cultural icons and entertainers. Taking part in this year's event is Canadian musician K'naan.

A rendition of his song, Wavin' Flag, was performed by Young Artists for Haiti to raise funds to help earthquake victims in that country.

Free the Children's Craig Kielburger recently talked to Metro about the challenges facing Haiti's youth:

After the devastation over the last few months, what is being done to help children in Haiti recovery emotionally?

In Haiti last January, I watched as students settled down for their first day back to school. A textbook dropped, hitting the floor. Students rushed for cover, mistaking the noise for a falling block caused by another earthquake.

Recovering emotionally will be difficult. In addition to the stress of physically withstanding the earthquake, almost every child in or around Port-au-Prince lost family or loved ones.

▶ K'naan will be just one of the performers appearing at Free the Children's We Day this Thursday.

There is a massive shortage of psychologists. But, that doesn't mean there is no hope. The goal is to regain a sense of hope and normalcy.

Government and international agencies recognize that putting children back in school is the best way to support their emotional recovery.

In school, children find structure, comfort, a positive role model and most importantly, conversation about the hopefulness of the future.

Many organizations are on the ground in Haiti, implementing longterm development and ensuring children are back in classrooms, learning and healing.

For more info, visit weday.freethechildren. com. METRO

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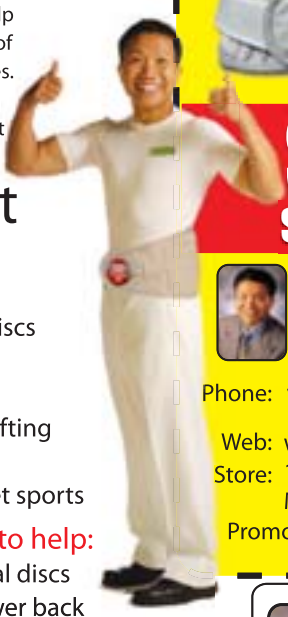

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Belt inflates with air, expands vertically, gently stretching and tractioning lower back

Dr. Michel Rice

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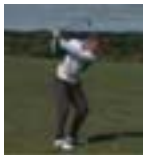
Alice Love

"This belt is out of this world! Feels like all the weight is taken off of you and you just feel light. Pain pills only mask the pain. Now that we have the belt I can be pain free. I have a grandson, who loves to be picked up. But you don't realize how much pressure that puts on your back. With my belt, I don't have to worry about picking him up! "

P.J. Lemieux

The belt is very comfortable and it helps to take the stress off my lower back. I feel that I now have better posture and I see how that is very beneficial. I can see this being used by people with chronic back pain and its pharmaceutical free and so easy to do. You just strap on the belt, inflate and you can feel it work right away because it takes the stress off the lower back. You've got nothing to lose if you suffer from back pain. Definitely this is worth trying!



Mark

"It feels like it's being stretched out, it feels great, it feels good. The stretching is relieving some pain. My back would usually be sore in the lower back, but I'm not feeling any pain, which is unusual and is great. Generally at this point my lower back would feel sore but, it feels great! I could stand here all day and hit balls."

A Change Would Do You Good

With 100 Miles from Memphis, Sheryl Crow sounds right at home, literally The singer on her new album and giving her old hits the new sound they deserve

Crow took an organic approach to her new album, not unlike her debut from 17 years ago.

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

100 Miles from Memphis is such a new direction for Sheryl Crow's music that when the singer started to prepare for a tour, the old arrangements of her classic hits felt out of place next to the new songs.

"A lot of stuff didn't have words until the 11th hour, which is different for me."
CROW ON HER APPROACH TO MEMPHIS SONGWRITING

So instead of dropping them from her set, she reworked them to move them closer to the sound of Memphis.

"You always wonder if people are going to be purists and be a little disappointed that they're not hearing it exactly like on the record," she says, "and it has not been like that, and that's been really encouraging to me."

The excitement in her voice is palpable as she describes the songs in her two-hour set.

She calls Everyday is a Winding Road a "full-on gospel romp" and compares the new rendition of A Change Would Do You Good to something by the Staples Singers.

Although 100 Miles from Memphis is a different approach for Crow, it's close to home, literally. The title comes from the fact that her hometown of Kennett, Missouri, was only a two-hour drive from one of America's most-celebrated music cities.

It is this proximity that gives the album its soulful feel and this distance that makes the material Crow's own, from the light reggae lilt of Eye to Eye to the sunny soul of Long Road Home, to the sultry funk of Sign Your Name, originally made popular in the '80s by Terence Trent D'Arby.

"We were just batting around ideas for covers," says Crow, "I've never heard anybody else do it, and if I had, I wouldn't have done it."

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Tracey Lavender, James Ellman and Miranda Katasonoff – Zenith Optimedia

Peter Bartrem – Metro; Louise Finn, Tim Hughes – Mindshare

Photos by Lydia MacIntosh

GETTY IMAGES

▶ British singer Eliza Caird — better known as Eliza Doolittle — is making waves.

Doolittle goes retro for debut album

Comparison with Lily Allen not fair, Brit singer says

EMMA BJORKMAN
METRO WORLD NEWS

If you still think My Fair Lady when you hear Doolittle, you can't have been online much in the past six months. Cyberspace has been buzzing with the British singer Eliza Caird — better known as Eliza Doolittle.

"Eliza Doolittle has been my nickname for a really long time so that's why I kept it," she tells Metro.

Her eponymous debut album was released recently and the reviews have been overwhelming.

"I always hoped I would do well, otherwise I wouldn't have kept trying but at the same time I didn't expect it to go down so well and that people would really like it.

"I thought it would be more of a struggle to get people to get into it," she says.

Because she produces retro-pop with quirky lyrics and favours playful clothes, Eliza Doolittle is invariably compared with Lily Allen.

"I have no idea why. If I had blonde hair I'm sure I would be compared to Duffy or Pixie Lott, I think its got to do with how I look. It's a bit annoying especially since my music is pretty different.

"I really like Lily's music but I just think that my music is really different and you will hear that when you listen to it."

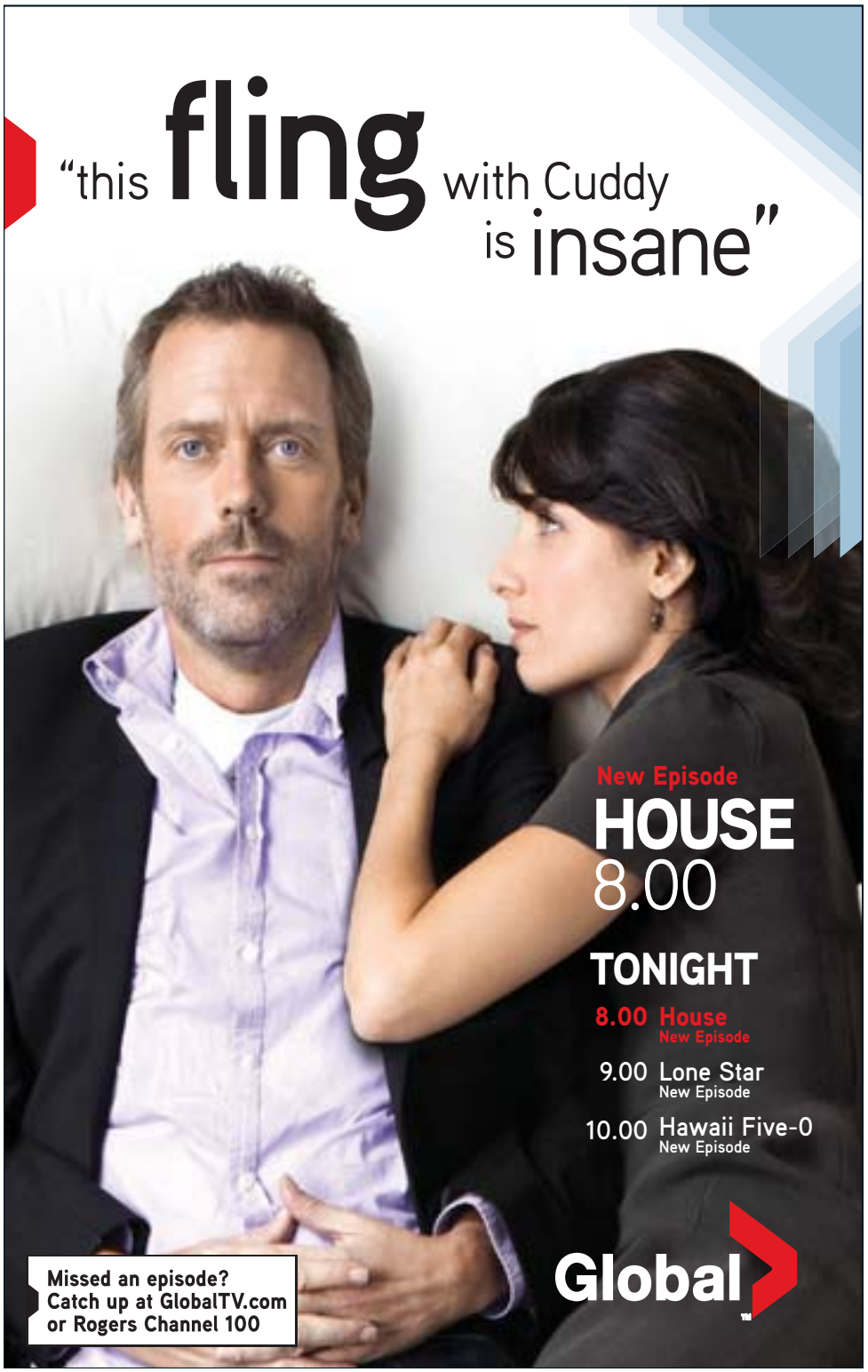
She admits being a bit of a pop nostalgia freak saying: "I love it! That's what I listen to the most. I want my music to be a mixture of a lot of things. I listen a lot to Stevie Wonder Beach boys, Kinks, Paul Simon, Carole King, I can name tons of '60s music I love.

As is the way with young female performers, image is vital as is fashion. She admits loving Vivienne Westwood, Christopher Kane and many newer haute couture designers but is more comfortable in street clothes.

"My favourite stuff are Nike hightops, short shorts and a cute top."

Meet the artist

- **NAME** Eliza Caird (Doolittle)
- **AGE** 22
- **LIVES IN** London
- **FAMILY** Da John Caird (movie director) and mum Frances Ruffelle (singer) are divorced. Five brothers.
- **IN THE NEWS BECAUSE** Recently released her debut album



House with history

"This album is so autobiographical, it's kind of disturbing," admits Lost In The Trees (LITT) leader Ari Picker about the collective's enthralling, personal sophomore affair All Alone In An Empty House.

Uniting classical, folk and alt-country influence under the wide umbrella of indie rock, LITT is easily one of modern music's most dynamic, engaging, diverse and outright odd affairs, a sentiment reiterated by Picker himself.

An inimitable personality, he talks quickly and overflows with nervous laughter, leading one to believe that the band's primary composer, visionary, vocalist and guitarist is sublimely creative musically yet seems uncomfortable speaking without his instrument.

Then again, as Picker reveals the intense emotional investment/inspiration for this opus, one can understand his conversational reticence.

"The experiences that this record are about involve my youth, different situations and experiences," he continues alluding to a less-than-stellar childhood.

With such a delicate context at stake, LITT — essentially Picker and a host of musical compatriots — is decidedly selective about who will help deliver these intricate visions and how they will be relayed. Boasting the likes of violin, cello, tuba, bass, french horn, bells, accordion and drums, ... Empty House is as aurally diverse and vast as it is fervently intimate.

Lost in the Trees play tonight at The Drake at 9 p.m.

KEITH CARMAN/ FOR METRO CANADA

HANDOUT

▶ Maggie Q stars in the spy drama Nikita

A professional badass actress

The Nikita star makes taking out bad guys look easy No, she isn't a kung fu master But she did learn from Jackie Chan

AMBER RAY
scene@metronews.ca

Kicking butt looks like second nature to Maggie Q, star of the spy drama reboot Nikita, in which she plays a government-trained assassin gone rogue. It's a trait that she picked up while working as an action star in Asia for nearly a decade (she was a student/model there when Jackie Chan trained her to star in films he was producing), but that doesn't mean perfecting killer moves has gotten easier.

"Because … I'm half Asian, (people) immediately go, 'Oh, well, you do kung fu.' Like that's what we do. We wake up. We do kung fu. We brush our teeth. That's what we do," jokes the 31-year-old, who was raised in Hawaii. "So it's just assumed that you're not working your ass off to make this believable and make this something great. I've been doing it for long enough that I have a formula that works for me. But it certainly isn't something that I can close my eyes and do. Absolutely not."

"His team of guys trained me when I was very young. They broke me, basically, and sort of molded me."
MAGGIE Q ON LEARNING FROM JACKIE CHAN'S TRAINERS

On the contrary, the actress who insists on doing her own stunts admits she's "cracked and fractured a lot of different body parts" throughout her career. But that doesn't keep her from wanting to work at any pace less than full-throttle.

"When I was living and working in Asia, they did films sometimes in two weeks. So I actually realize now that I'm very used to (the fast pace of television), and I kind of enjoy getting (scenes) out of the way and saying, 'Let's move on. Let's do something cool again.'"

Scene in brief

Governor turns tables on SNL

NEW YORK. Mocked for years on Saturday Night Live, the governor of New York has appeared on the show to dish back.

Gov. David Paterson came on Saturday night during the show's Weekend Update segment. He interrupted cast member Fred Armisen, who was in character as the governor. Armisen plays Paterson as a clueless blind man with a past of youthful drug use and womanizing.

Paterson joked that being governor is a lot like Saturday Night Live. He says "there are a lot of characters, it's funny for 10 minutes and then you just want it to be over."

Sketch tackles sticky issue

COMEDY. With the new season of Saturday Night Live comes a fresh batch of political satire — and Delaware Senate hopeful Christine O'Donnell is the first target. The sketch portraying the tea party darling O'Donnell concerned about her speaking out against masturbation. The actress playing O'Donnell says she is no longer against masturbation and, in fact, masturbates constantly. She also says she once ran a dog fighting operation and burned down a house. **THE ASSOCIATED PRESS**

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▶ In this publicity image released by TLC, the Browns, from left, Janelle, Christine, Kody, Meri, and Robyn from the TLC series, Sister Wives, are shown.

TLC documents the world of polygamy in Sister Wives
Why one family is willing to welcome cameras into its home

Big love, indeed

AMBER RAY
scene@metronews.ca

Big Love brought polygamy into the public conversation. Now TLC's new Sister Wives gives its practitioners a platform to have their say.

The docu-series revolves around a fundamentalist Mormon, Kody Brown, whose family in Utah includes three — soon to be four — wives and 13 children. It airs Sunday nights.

"I felt like the secretiveness of the (polygamist) society has been a little bit dangerous for the society, as well as the public," Brown says of the practice. "This is part of our reason for essentially 'coming out' — it's a story that needs to be told."

The Browns' story is as much about the logistics of running such a large household, as satiating the audience's curiosity about their lifestyle.

"Like every other American family, it just takes everything that we've got (to make it work)," says Christine, Kody's third wife.

The family's co-workers and kids' friends are aware of the Browns' practices (there is, technically, only one legal marriage).

The clan lives in one home divided into three apartments, with Robyn, the impending fourth wife, currently living in a separate house (she also has three children with a former husband).

"I think that simply by telling the story and not getting acceptance, necessarily, but lowering the prejudice ... actually helps to have all of society understand it."
KODY BROWN, ON THE GOAL BEHIND SHARING HIS POLYGAMIST FAMILY'S LIFESTYLE ON SISTER WIVES

"We are strong personalities, believe me," says second wife, Janelle of her sister wives.

"We are raising these children who have all of this exposure to these strong, awesome women, and I think you will see that they have turned out beautifully."

And if you're wondering about any jealously amongst the women and their man, like in Big Love, there is a system for Kody to spend time with each wife.

"We just have a schedule. I'm actually still trying to figure it out," he jokes.

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Bristol getting political ... sort of

Following in her mother's footsteps, Bristol Palin has launched an official Facebook page. Among her first subjects: her role on Dancing with the Stars.

The 19-year-old daughter of former Alaska Gov. Sarah Palin says the Tuesday launch is part of a new chapter in her life.

The single mother of a toddler son, Bristol Palin says she wanted to step out of her comfort zone to tell her story and advocate for the "pro-life and pro-family cause."

She says she is excited about her TV dancing role and says her dance partner, Mark Ballas, visited with her in Alaska this week.

FREDERICK M. BROWN/GETTY IMAGES

▶ Bristol Palin and Mark Ballas

THE ASSOCIATED PRESS

PROBLEM WITH CONVENTIONAL TANK-TYPE WATER HEATER

Thermal Heat Loss
20-40% of energy consumed by a traditional tank heater is wasted as heat is slowly lost due to radiant heat loss from the storage tank

Limited Supply
Conventional water heaters frequently run out of hot water after several back-to-back demands and often after only one shower or demand. The user must then wait for a long period of time for the heater to "refresh"

Overheating
To ensure a traditional heater refreshes at a reasonable rate, most heaters are set at very high temperatures (130F+). This wastes energy and increases risk of scalding, especially for children and the elderly.

Hard Water Minerals
Hard water scale forms most readily when water is heated for extended periods. Hard water scale quickly coats the internal components causing a loss of efficiency and shorter life, and often leaks.

Short Life / Disposal
Conventional water heaters typically last from 6 to 12 years in most residential applications. They are bulky and take up a huge amount of landfill space and are costly to recycle.

Bulky Size
Due to their large storage tanks, conventional water heaters are bulky and take up lots of space.

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Since hot water is not stored, tankless water heaters generally handle hard water minerals and sediments much better than conventional tanks. This makes them far less likely to leak or rupture, and able to maintain efficiency throughout their whole lifecycle. Accordingly, many have much longer warranties.
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Tankless water heaters are about the size of a briefcase (electric units) - they save valuable floor space that can be used for storage etc. especially in condos and apartments.

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TV Picks

The Lone one

It's a lonely world for Lone Star fans. The new series received dismal ratings for last week's premiere, which set up an intriguing story of a Texas conman named Bob. Fox hasn't given up on the promising show yet, and in tonight's episode, Bob's girlfriend becomes suspicious. (Global, Fox)

Teenage photographer

Entourage star Adrian Grenier follows a young shutterbug and explores his own relationship with the media in the documentary Teenage Paparazzo. Directed by Grenier, the film focuses on young Austin Visschedyk as he pursues celeb photos at all hours of the night. (HBO Canada)

THE CANADIAN PRESS

Intergalactic role of a lifetime

- Star Robert Carlyle doesn't feel pressure in taking on the Stargate Universe franchise
- Says living in Vancouver away from his family helps him understand his character

SUBMITTED

▶ Actor Robert Carlyle says his kids would like it if his SGU character had an action figure.

NED EHRBAR
METRO WORLD NEWS

Scottish actor Robert Carlyle has had long and successful life in film, including career-making roles in Trainspotting and The Full Monty. But since last year, he's been settling into a regular TV role on Stargate Universe, the third series in the popular Stargate franchise.

"It wasn't something that I went out to try to find. It was something that found me," Carlyle says of the career change. With the show's second season set to debut, Metro caught up with Carlyle in Vancouver on the SGU set.

How do you relate to your character?

It's interesting that the one thing that has helped me — the strange thing, sad as well — my family are home in the U.K. I'm on my own here in Vancouver. I don't really know too many people. I don't really go out at night, I'm not that kind of guy. I mean, of course, I'm not stuck up in a spaceship millions of miles away, but anything for an actor helps. And the sadness in my life at the moment, which is missing my family, is actually helping me in the role. (laughs)

You weren't a fan of science fiction?

Not that I'm not a fan, I just don't really know it, you know? For instance, I've never seen Star Wars. I've never seen any of these films. Never interested me. But other types of science fiction — 2001 was just a classic film. I think the very first Alien film is a fantastic film, also. These are slightly different, I guess, from the norm. And I think this is what this is as well. It wouldn't do for me to be pressing buttons and blowing things up. I mean, anyone can do that. It's not my bag.

Is there anything you can tell us about the second season?

Can I give everything away? No, I can't. No, but what I can say is the heart of the second season is the revelation that there is in fact a mission, that there always has been a mission, and it's never been about going home. I learned this expression in San Diego, at Comic-Con. It's called a "game-changer." It's a game-changer, episode eight.

Do you enjoy going to Comic-Con?

I've only been twice. I only went to San Diego last year and this year. That's enough for me. But I think it's fun. I was sitting with my wife having dinner on one of the main streets and a thousand zombies walked passed. You don't see that every day.

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Lohan out of jail on $300,000 bail

Actress to wear booze monitor

Once again, Lindsay Lohan didn't spend very long in jail.

The troubled actress was taken into custody Friday for her parole-violating positive drug test, but just before midnight she posted $300,000 bail and was released after the judge's denial of bail order was reversed, according to People magazine.

Lohan is free until her next hearing on October 22, but she must once again wear an alcohol-monitoring anklet, and she also must stay out of any establishments where "alcohol is the chief item for sale."

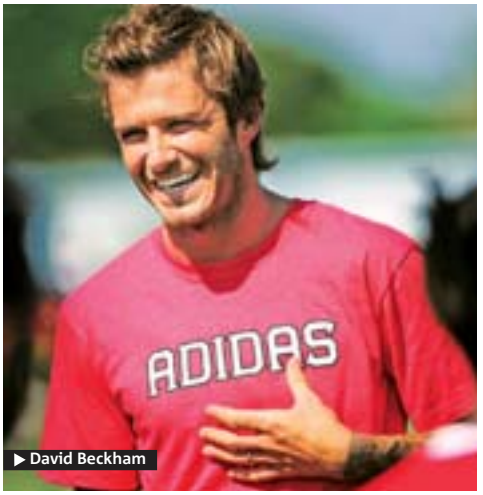
METRO

▶ LiLo's brush with the law continues.

Efron gets hair out of his face

NEW LOOK. Zac Efron is glad to be rid of the shaggy haircut that made him famous during his High School Musical movies, but he admits getting a trim has had some unexpected consequences. "It used to keep getting in my eyes. It was a serious hazard," Efron says, according to Hollyscoop. "Now when I'm working on a movie, it take a lot less to look after it. There's a couple of people we don't have to hire just to keep my hair out of my face."

METRO



▶ David Beckham

Becks sues rag mag

David Beckham is suing In Touch Weekly for reporting that he had cheated on Victoria Beckham in 2007 with a prostitute, according to Hollyscoop. Irma Nici, who claims David slept with her five times three years ago, is also named in the suit. The soccer star's lawyers insist the claims "are completely untrue and totally ridiculous ... Sadly we live in a world where a magazine can print lies."

METRO

Talking points

Perry, Brand buy 'crash pad'

HOMEMAKERS. Ahead of their impending nuptials, Katy Perry and Russell Brand are snatching up some new property. The pair recently closed on a $2.7 million two-bedroom penthouse apartment in lower Manhattan, according to the New York Post. Perry and Brand are reportedly calling the 1,500-square-foot space their "crash pad" — and not a primary residence — to avoid New York income taxes.

METRO

Who's afraid of Bieber?

CANADIAN THREAT. Though Justin Bieber has been taking some of their spotlight away, the Jonas Brothers aren't worried about the Canadian singer's increasing popularity. "I think there is room for everybody," eldest brother Kevin Jonas says, according to Exposay. "We're not afraid of anything or worried about anything. We're just being who we are and making music that we love."

METRO

Justin Bieber

Celebrity tweets

Eliza Dushku [@elizadushku] there's a blowtorch on my tonsils

Samantha Ronson [@samantharonson] haven't been able to see her since her fall from grace :(

Jonathan Ross [@wossy] The dentist told me I produce a lot of saliva. Apparently that's a compliment

Katy Perry [@katyperry] Wow, looks like my play date with Elmo has been cut short!

Madge evades Kutcher query

RUMOURS. Madonna isn't interested in commenting on the rumours about marital problems between fellow Kabbalah devotees Demi Moore and Ashton Kutcher. While Madonna was promoting her new clothing line, a reporter for The Insider asked about Kutcher's rumoured infidelity, but her longtime rep, Liz Rosenberg, slapped the microphone away before her client could answer, chastizing the reporter with, "bad girl," according to Page Six.

METRO

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3 life

Welcome

Disney memories online

Disney has launched a website with the sole purpose of showcasing photos, videos and other user-generated content from park visitors and fans. "We're inviting our guests to share their family memories online and in the parks." said Tom Staggs, chairman of Walt Disney Parks and Resorts, at a New York event last week launching the site, DisneyParks.com/Memories.

THE CANADIAN PRESS

1 in 5 gay or bisexual men has HIV and many don't know it: CDC study

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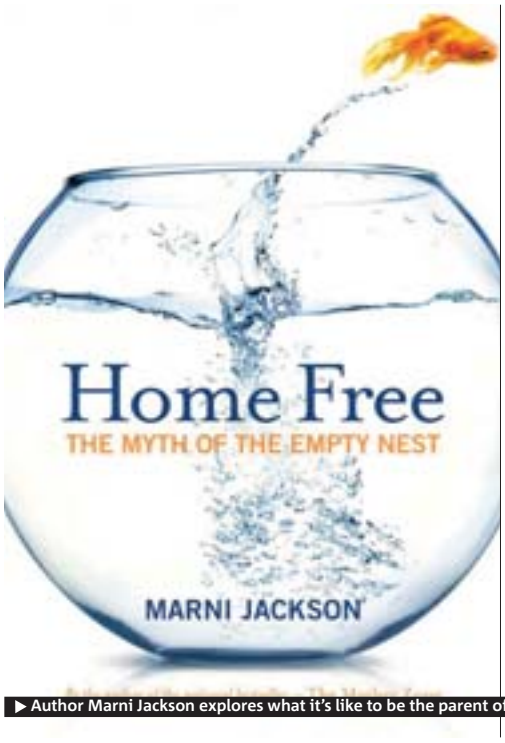


▶ Author Marni Jackson explores what it's like to be the parent of a young adult in Home Free.

Exploring the myth of the empty nest

When author Marni Jackson was writing Home Free, she was really astonished at the expectations she brought to her son's future

The author of one of Canada's early "mother-lit" books has returned to her old terrain, this time exploring the "push-pull" that takes place as parents watch their grown offspring head out into an increasingly complicated world.

The new memoir Home Free: The Myth of the Empty Nest by Marni Jackson serves as a followup to The Mother Zone, published in 1992 and dealing with the birth, toddler and early childhood years of son Casey.

"The Mother Zone was about me surrendering to motherhood … which is part of the joy, but I was busy being very independent, so that was difficult," Jackson said.

"Whereas, of course, this third act of family is about … learning to un-mother, and it's about not doing things, and it's about zipping your lip and pulling back, and putting your focus on yourself and other things."

"This third act of family is about … learning to un-mother, and it's about not doing things." MARNI JACKSON

The much-talked-about boomerang generation — kids returning to the empty nest — was the subject of a New York Times article about young people taking longer to reach adulthood.

Jackson said what happens in the family reflects economic, political and social forces.

"And I think that's what's happening now is a lot of this 20-somethings not growing up, of course, reflects the economy," she said. THE CANADIAN PRESS

Professionalization

- Jackson noted that parenting wasn't a common topic among writers when she wrote the first instalment, but now we're flooded with parenting books.
- What took place was a "professionalization of parenthood," she observed.
- "Partly I think that happened because a lot of women who were determined to have careers and be full-time workers went 'wait a minute, I'm missing out on family.'"

Yummy squash chowder

Hearty butternut squash and scallop chowder a healthy choice

THE ASSOCIATED PRESS

▶ Butternut squash and scallop chowder.

The term chowder usually brings to mind a steaming bowl of thick and chunky soup, often enriched with a generous amount of whole milk, or even cream.

It's that last part that can dishearten the diet-conscious diner. Soups and some stews can be a great way to fill up on low-calorie vegetables, proteins and liquid, leaving you satisfied without feeling stuffed. But too much cream, milk or sour cream can take the virtue right out of the meal.

Yet there are ways to have a creamy and healthful soup. For instance, consider starting with a base of puréed vegetables. Winter vegetables — such as butternut or buttercup squash, pumpkin or even sweet potatoes — can be roasted to intensify the flavours, then run through a food mill, blender or food processor to make a velvety, creamy base.

Beans, puréed with a bit of broth or water, also make a thick, flavourful soup base. Use convenient canned beans, but be sure to rinse them under cold water to wash away some of the salt that is in the canning liquid.

Even tofu (the soft or silken variety) can be puréed to create a smooth and protein-rich foundation on which you can build a creamy soup with little fat and no dairy.

For this butternut squash and scallop chowder the secret to low-fat thickening comes from a snack food. Crumbled tortilla chips dissolve in the soup while it's cooking, adding plenty of body along with a layer of toasty corn flavour.

Jarred salsa is another secret to this satisfying chowder, bringing with it pre-diced vegetables and spicy seasoning, which helps make it possible to get this meal on the table in under 30 minutes on a busy weeknight.

Plump bay scallops are called for here, but you can substitute chunks of almost any white fish and if you like, make the soup vegetarian by omitting the seafood altogether and upping the amount of diced squash.

Ingredients :

- 500 ml (2 cups) peeled and diced butternut or other winter squash
- 500 ml (2 cups) medium or hot tomato salsa
- 1 can (398 ml/14 oz) reduced-sodium chicken broth
- 75 ml (1/3 cup) crumbled reduced-fat corn tortilla chips
- 500 ml (2 cups) frozen corn kernels
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) ground cumin
- 500 g (1 lb) bay scallops
- 15 ml (1 tbsp) lime juice
- Lime wedges, for squeezing

Preparation:

1. In a large pot over medium-low heat, combine squash, salsa, broth and tortilla chips. Bring to a simmer, cover pot and cook until squash is tender, 5 to 7 minutes.
2. Stir in corn, oregano and cumin. Return soup to a simmer, stir in scallops and cook until they are opaque at the centre, 2 to 3 minutes more.
3. Stir in lime juice. Serve with additional lime wedges for squeezing. Makes 4 servings

THE ASSOCIATED PRESS

Chefs, diners turn to Twitter

M. SPENCER GREEN/THE ASSOCIATED PRESS

▶ Chef Graham Elliot displays his Twitter account.

When Tony Bosco saw mostly negative reviews about the restaurant Wow Bao, he Tweeted: "Going to 'business' dinner @Wow Bao. Can any1 tell me if it's going to suck as much reviews suggest."

And almost immediately he got a response from an unexpected source — BaoMouth, the official Twitter feed of Wow Bao. The restaurant offered him a coupon to find out for himself, on the house.

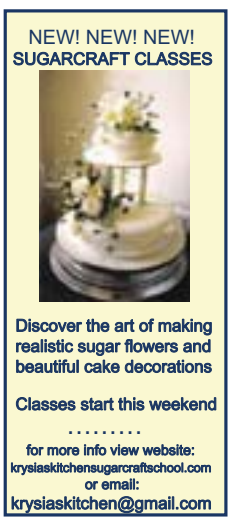
Wow Bao sent Bosco two $15 gift cards via an iPhone app, and Bosco went the next night, posting pictures of the food on Twitter.

"I would say it made it a little more exciting," said Bosco, 34.

Conversations about food that once only happened between friends are now public thanks to the Internet. And the microblogging site Twitter has only sped up the conversation. Whether it's reviews before the meal or the service afterward, opinions are voiced freely — and restaurants are taking notice.

Many eateries have been tweeting about specials or other events for a while. But recently restaurants — locals and chains — have started Twitter conversations with customers.

THE ASSOCIATED PRESS



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WET ALTERNATIVE TO DRY CLEANING

QUESTION:
How can I safely clean clothes labelled "dry clean only" and avoid toxic chemicals used by dry cleaners?

Robin from Vancouver

The toxic chemical you are referring to is known as perchloroethylene (or perc), and most dry cleaners use it as the primary cleaning solvent.

Unfortunately, perc is a carcinogen and respiratory irritant. If you've ever brought home a piece of dry cleaning or walked past a dry cleaners, you know the distinct smell I'm referring to.

Fumes from slightly damp dry cleaning can contribute to indoor air pollution, evaporating from your clothing and into your home.

So if you must use conventional dry cleaning, remove the plastic bag and hang clothes outside to speed up the evaporation of solvents.

This will prevent off-gassing of chemicals into your home, including but not limited to perc, naphthalene and toluene.

An obvious option is to avoid or limit your purchases of clothes labelled "dry clean only." And really, many items can be carefully hand-washed with a mild eco-friendly soap and dried flat. But don't quote me on that — it's a task to be taken at your own risk.

The good news is that a new type dry cleaning called wet cleaning — that's better for you and the environment — is on the rise.

Find a business that performs water-process dry cleaning or perc-free cleaning near you. You are a valued client, so if you have a favourite place, why not ask them to switch to a "greener" alternative?

David Suzuki Foundation

Thanks to breeding and reintroduction programs at zoos and aquariums around the world, rare animals and amphibians are making a comeback

A zoo can be a frog's safe haven

▶ An Andean glass frog is kept at the PUCE centre in Ecuador, waiting to go back to its forest.

When Przewalski horses galloped across Mongolia's Gobi desert in 1992, it was a sight that hadn't been seen since the 1960s.

That a few hundred of the world's only remaining true wild horses now roam their native Mongolia again is partly thanks to dedicated work by conservationists at zoos in several European countries.

"They are doing very," says Dr. Gerald Dick, director of The World Association of Zoos and Aquariums (WAZA) in Geneva. "This is an example where zoos have really made a difference."

He has co-written a book, Building a Future for Wildlife, highlighting 25 similar success stories where animals have made comebacks in their natural habitat thanks to breeding and reintroduction programs at zoos and aquariums around the world.

"Sometimes this is the only option you have to save a species, at least for some time while you're hoping that nature will change," he says.

Urgently in danger today are many of the world's frogs and amphibians. Almost a third are at the risk of extinction. "Amphibians are a really important task that we have taken on," says Dick.

Zoos and aquariums are naturally in a good position to work for conservation because of their access to animals and expertise in taking care of them. But as important is their access to the public.

"About 600 million people worldwide visit zoos every year. We can directly inform them and educate them," adds Dick. "One of our main functions is to inform people, bring awareness and also make politicians aware of these issues." METRO

▶ Two Przewalski mares back in Mongolia.

Przewalski Horse

- The Przewalski horse, native to Mongolia, became extinct in the 1960s because of competition with livestock, overhunting and disease. It survived thanks to the capture and breeding of 13 horses.
- By the mid-'80s there were more than 1,000 horses kept in zoos and in 1992 reintroduction of the horses in Mongolia began. A group of captive born horses were carefully selected from different zoos and flown to the Gobi desert. In 1999 the first foals were born free.

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Art of the written word

Survey suggests handwritten notes mean more to employees than other forms of communication

DENISE BERNARD
LIFE@METRONEWS.CA

Whenever my former boss wrote comments like "Good!" and "Nice work" on stories I edited, it had the same effect as a gold star in school: I felt proud and determined to do a good job again. I've kept her thoughtful handwritten birthday and Christmas cards; I can't say the same for equally lovely e-mails and e-cards.

Turns out I'm not the only one who feels this way. According to a recent survey commissioned by BIC, 61 per cent of Canadians believe receiving a personalized form of praise, such as a handwritten note, has more value than other forms of workplace communication.

"A note of recognition can produce an immediate and positive reaction and is a proactive way to appreciate employees," adds handwriting analyst and BIC spokesperson Elaine Charal,

Positive feedback is as important to future employees as it is to seasoned pros. University of Prince Edward Island undergrad Kristen Lockett received a confidence booster and valuable addition to her portfolio in the form of a note highlighting her personal strengths and the specific things that impressed the supervisor at her recent internship.

For Karin Vollmer, who has been teaching at the same Toronto-area high school for 10 years, kudos for extracurricular activities like producing a student talent show and organizing and fundraising for a class trip to Costa Rica have added to her job satisfaction.

"I love the acknowledgement, the fact that my principal takes the time to sit down and write a message about how I've touched people's lives," she says. "It makes me feel that I'm not going unnoticed."

Handwritten notes make good business sense for other reasons. In addition to recognizing team members, Chad McAlpine, RBC Capital Markets vice-president, quantitative and global research, sends small holiday gifts with notes to those who have contributed to his franchise's growth. His inspirations? Business Notes: Writing Personal Notes that Build Professional Relationships by Florence Isaacs ($18, Clarkson Potter), a guide to writing the perfect message to engage employees, win new clients, deepen customer loyalty and more. Plus, personal experience: a year ago, his former boss-turned client sent him a publication he thought McAlpine would enjoy, along with a note.

"It was a very nice touch, and I sent him a letter thanking him for thinking about me," says McAlpine.

Proof that even in the age of texting, e-mail and Twitter, a handwritten note remains a powerful communication tool.

communication 2.0

Looking for other ways to go that extra mile when communicating with managers and colleagues? Here are three tips from Options Personnel senior consultant Zoe Mandel, and career specialist and corporate trainer Colleen Clarke.

- **1. Provide testimonials** for social networking sites like LinkedIn, says Mandel.
- **2. Compliment co-workers test** and managers in front of each other, suggests Clarke.
- **3. Improve your** listening skills, Clarke advises. That means turning away from the computer when someone's speaking, making eye contact, leaning forward and actively listening.

▶ In the age of texting, tweeting and emailing, a handwritten note remains a powerful communication tool.

"Each day at work, I receive 600 to 800 e-mails, and on occasion important messages are overlooked. When someone takes the time to write a note by hand and deliver it, I will pay much more attention to it."
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Publisher: Simon & Schuster, 335 pages
Cost: $34.00

Timing couldn't be more aplomb for this review given the release this week of the highly anticipated film The Social Network. David Kirkpatrick details the insanely fascinating birth of Facebook.com. Originally called TheFaceBook — aptly named after the Harvard Freshman Register, which published images of the incoming Frosh and of course the birth campus of the site — it was actually the second incarnation of a site CEO Mark Zuckerberg developed called Facemash. The first site was a Hot or Not style website for Harvard students to rate who the hottest students on campus were ... it was short lived and almost resulted in Zuckerberg being suspended.

The facts alone are insane, and even more so when you consider that this book was just published in June 2010 and described Facebook as the second most visited website after Google. But just last week, Facebook usurped Google for most "time spent" online.

The original foursome — which included Zuckerberg, Dustin Moskovitz, Chris Hughes and Eduardo Saverin — were devoted to the project, consumed with the ideal of changing the world, not with making money. Their dedication was so ingrained, aggressive even, which was marked by the kind of language they used in the midst of their almost continuous, silent (instant message only) programming marathons ... words like Lock down and Dominate, referring to their ambitions to take on their competition. Its no wonder Mark Zuckerberg's corporate profile describes him as "Founder, Master, and Commander, Enemy of the State." Facebook is our world, and its impact is constantly being seen politically and locally — and of course in business.

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Learning to let go healthy for parents

While post-secondary students adapt to life on their own, some parents can be overwhelmed by the change

RAF BRUSILOW
LIFE@METRONEWS.CA

FLICKR: NAZARETHCOLLEGE

▶ Parents can manage their anxiety about sending kids to college or university by realizing they can still have a supporting role in their child's new-found independence.

"If you get involved on campus you will get more comfortable gaining new experiences and discover new friends and supports. There may be things you've taken for granted that you now have to take responsibility for yourself." GLEN WEPPLER

University is often a time when parents struggle to cut the cord and students struggle to embrace their new independence — it's no surprise the whole event can get as messy as a freshman's dorm room.

Coping with independence is something all adults have to learn and the tumult of university can muddy up the waters even more by throwing grades and money into the mix.

Once a son or daughter is older than 18, their parents' only access to the details of their education — courtesy of the Freedom of Information and Protection of Privacy Act — comes from what they share personally, which is why it's important to keep a good relationship going.

Brenda Bradstreet, Canadian author of the independence manual Going Solo, says parents can manage their anxiety by first realizing that letting go is healthy and they can still have a supporting role in their child's new-found independence.

"The whole process can be very overwhelming — all of a sudden the house is empty. You have to keep yourself busy and keep your own life more active and social. If parents feel that their kids are prepared then I think it's easier to let go," Bradstreet said.

For students branching out on their own, often for the first time, the pressures and responsibilities of independence can be a bit scary — that's why guidance and counselling services exist on all campuses for all students to make use of.

"Know yourself and don't be afraid to think for yourself. Trust in your independence and make use of the resources that are available," Bradstreet said.

Glen Weppler, director of student community life at Ryerson University, says extracurricular activities are crucial to learning independence.

"One of the best ways for students to move towards more independence is to get involved at school. You can volunteer, you can join a club, the list goes on but make sure you do more than just come to campus and attend class. You will be a more successful student for it," Weppler said.

Stay Involved

For parents, if you have a good relationship with your son or daughter it should be relatively easy to stay involved in their education. A weekly call or Skype chat can go a long way if you can negotiate it. For students, here's a list of things to remember in your first year:

- **Compare student** credit cards carefully — you want to start building your credit but you also want to learn good spending habits. Visit fcac-acfc.gc.ca for details about cards, interest rates and fees.
- **Don't go** it alone — making friends and participating outside of class will make your studies easier and more fun.
- **Bring flip-flops** for dorm showers!
- **If you want** to work part-time, consider getting an on-campus job first — you'll network with similar people and campus positions usually offer great flexibility

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FLICKR: YUSUNKWON

▶ Social media sites can help students share ideas beyond the classroom and connect with employers.

How to use social media to get ahead

Social media allows for active communication in the classroom ◐ Can also help students, employers connect ◐ Be careful to manage your image online

RAF BRUSILOW
LIFE@METRONEWS.CA

Social media can help you make friends, but can it help you get a degree, or even a job?

Experts say "Yes," as long as you clean up your act first.

Beyond offering fun ways to keep in touch, online sites like Facebook, LinkedIn or ePortfolio.org hold a lot of potential for sharing ideas beyond the classroom and connecting you to employers.

Tim Richardson, a professor of e-commerce who teaches at the University of Toronto, uses social media sites like YouTube as a direct part his classes, and he encourages students to showcase the work they're proud of — like research presentations — online.

He says social media can impact the classroom in a positive way because it often allows for active communication.

"Learning is not just about how we teach the course but it's about students teaching themselves. True communication is two-way, people have to be able to listen and respond to your ideas," Richardson said.

David Vogt, director of digital learning projects at the University of British Columbia's Faculty of Education, suggests the self-publishing aspects of social media can act as a kind of electronic resume but students also need to take command of their online image lest they reveal things that could harm their reputation.

"You have to think about managing your presence online and make sure there's not a bunch of embarrassing stuff out there about you. You also want to provide really accurate demonstrations of how you work. Think of anything you've done as resume material — everything digital about yourself you can aggregate," Vogt said.

Of course, online life can have its pitfalls — particularly those of the self-inflicted variety. The simple truth of the digital age is that if you put something into the public sphere, it can exist essentially forever, so make sure that any personal information you place online is of the kind that won't come back to haunt you.

"Be careful about privacy issues and remember that screen captures can live forever. When you're posting something and your 21, you don't want future employers, boyfriends or children asking about it years down the road," Richardson said.

social media tips

- **Electronic portfolio** sites like ePortfolio.org or LinkedIn can be a great way to put your best foot forward, but only if you keep them updated regularly. Always put your most recent, best work first and make sure all your posted information is current.
- **Consider creating** and posting a video resume that shows off your personality, professional appearance and communication skills
- **Pick one of** the social media sites you use to be your primary page, that way it'll be easier to control what gets revealed about you

"The value of social media at school comes from a number of things — increased connectedness, building reputation, building presence and going outside of the boundaries of what's normal in the classroom. This medium is beyond social — when you have a good idea, the whole world can see it"
DAVID VOGT

It's Interception Atlantic for Argos

Edmonton defence gives Toronto QB a rough time in Moncton, N.B.

ESKIMOS	ARGOS
24	6

Lemon injured

- Beleaguered Argonauts quarterback Cleo Lemon left the game with five minutes left in the fourth quarter with an injury.
- "It's just too early to tell," Argos head coach Jim Barker said on the Lemon injury. "It could be nothing or it could be out for the year. I don't know."

MATTHEW WUEST
@METRONEWS.CA

Maybe they should have called it Interception Atlantic.

It was that kind of day for quarterback Cleo Lemon and the Toronto Argonauts, who were knocked off 24-6 by the Edmonton Eskimos in the Canadian Football League's historic Touchdown Atlantic at Moncton Stadium yesterday.

The Eskimos (3-9) rode their outstanding defence to the rare victory, not only picking off the Argonauts a whopping six times but also piling up 247 yards in interception returns, second most in CFL history.

"Our defence was awesome," said Eskies quarterback Ricky Ray, who was 21 of 27 for 188 yards and delivered some timely throws. "They kept them out of the end zone, gave us a lot of opportunities, and our offensive line and running game just took over."

Eskimos linebacker Rod Davis set the tone early when he returned an interception 74 yards for a touchdown at 6:25 of the first quarter.

Running back Calvin McCarty piled up 84 yards on 10 carries and scored two touchdowns, one on a 46-yard dash and another on a one-yard plunge that came just six plays after a Lemon interception.

"We were able to get some good pressure on their quarterbacks," Ray said. "When you do that, it makes you more rushed with your throws. We got a lot of pressure and were able to capitalize on turnovers."

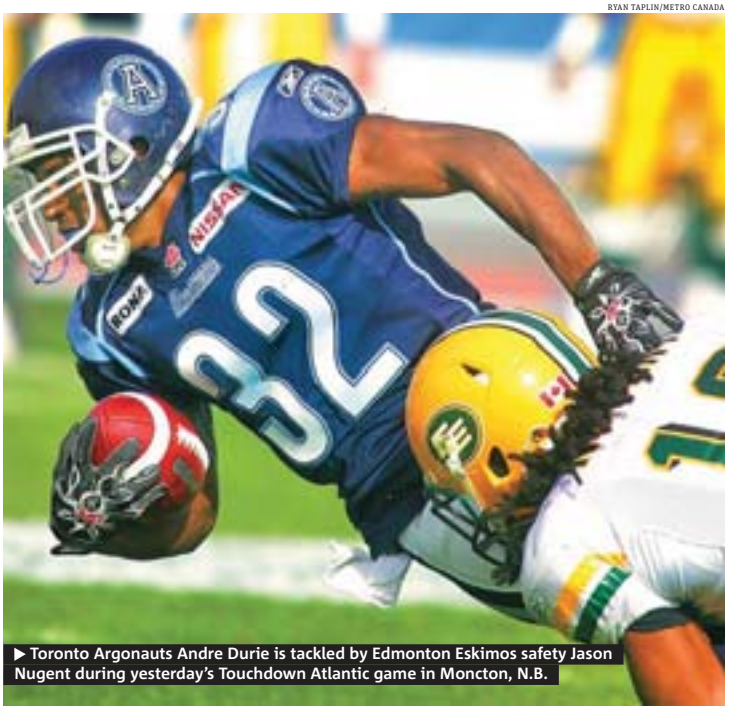
The Argonauts (6-6) were on their heels all day despite piling up 321 passing yards and getting a healthy share of fan support from the sellout crowd of 20,750.

It was a missed opportunity in their bid for the post-season.

"We just played poorly," said Argonauts head coach Jim Barker.

"Give the Edmonton Eskimos credit," he added. "They came in here very prepared … and they deserved to win."

RYAN TAPLIN/METRO CANADA



▶ Toronto Argonauts Andre Durie is tackled by Edmonton Eskimos safety Jason Nugent during yesterday's Touchdown Atlantic game in Moncton, N.B.

It's Called Football

BEN RYCROFT

DeROSARIO'S MOVE RAISES QUESTIONS

Leaving the stadium Saturday, I overheard someone say, "If Toronto FC were a soap opera, it would be a prime-time hit."

With the Hollywood TIFF crowd come and gone, the idea fell only on the ears of a furious few, exiting BMO Field following a 3-2 loss to San Jose. The result doesn't mathematically eliminate them from playoff contention, but if TFC were that soap opera, the credits would be rolling.

The backdrop, in that 3-2 loss, was a TIFO display from the North End Elite supporters, who held up white flags with dollar signs on them and a giant banner that read Making Losing Seem Easy (MLSE) throughout periods of the game. The message was clear: It's time for this club to show something more than its ability to make money — it's time to field a team of winners.

And it was one of those winners that gave TFC another improbable plot turn. Dwayne DeRosario, after scoring the team's first goal — a superb, curling touch that found the top right corner — celebrated by signing a mock cheque; a move he would later confirm to the press was a signal to team management that he deserved a new contract. DeRosario already makes close to the maximum allowable salary under the cap ($443,750, the maximum is $450,000) so what he essentially was asking for was to be made a designated player (DP) — a rule that allows a team to pay a player any amount more than $450,000. Each team in MLS is allowed three. At present, Toronto has two in Julian DeGuzman and Mista.

"What kind of captain, as his team crashes out of the playoff contention for a fourth straight year, demands a pay raise?"

It would be hard to argue DeRosario hasn't done enough to earn that distinction. He leads the team in goals, has a strong work rate and consistently has his boot on the end of game-changing plays. And it's not going to cost the team any more against the cap to make him a DP, but the question is certainly the timing.

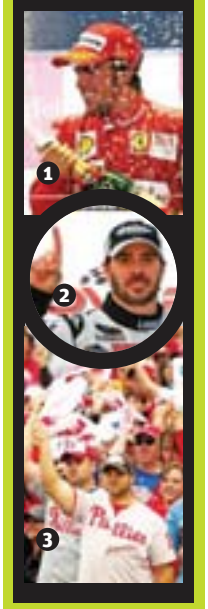
What kind of captain, as his team crashes out of the playoff contention for a fourth straight year, demands a pay raise?

There is no doubt that he has given a lot to the club. There is no doubt he's deserving of the pay. There is, now, some doubt whether he's the right man to wear the captain's armband.

TFC will probably pay him what he's worth — they can't afford to lose their leading man in this soap opera — but there is no way he should remain a captain.

4 sports

News in brief



1 Ferrari's Fernando Alonso won the Singapore Grand Prix yesterday.

2 Jimmie Johnson won the 2nd race of the Chase to earn the Sprint Cup championship.

3 The Philadelphia Phillies became the first National League team to clinch a playoff spot this year.

THE ASSOCIATED PRESS

Scan for code for sports

Jays complete sweep of Orioles

Baltimore reliever, manager tossed after Bautista hit by pitch for second time during game

BLUE JAYS	ORIOLES
5	2

Toronto manager Cito Gaston doesn't plan to spend his last remaining games with the Blue Jays watching his players get hit with pitches.

"I'm only here for a few more days but I'm not going to put up with it," said Gaston, who will retire at the end of the season, after major league home run leader Jose Bautista was hit twice yesterday in a 5-2 win over the Baltimore Orioles.

"I'm not going to put up with that."

The second time Bautista was hit on the forearm in the fifth inning, home plate umpire Bill Welke ejected Orioles reliever Alfredo Simon and manager Buck Showalter before a crowd of 17,831 at Rogers Centre.

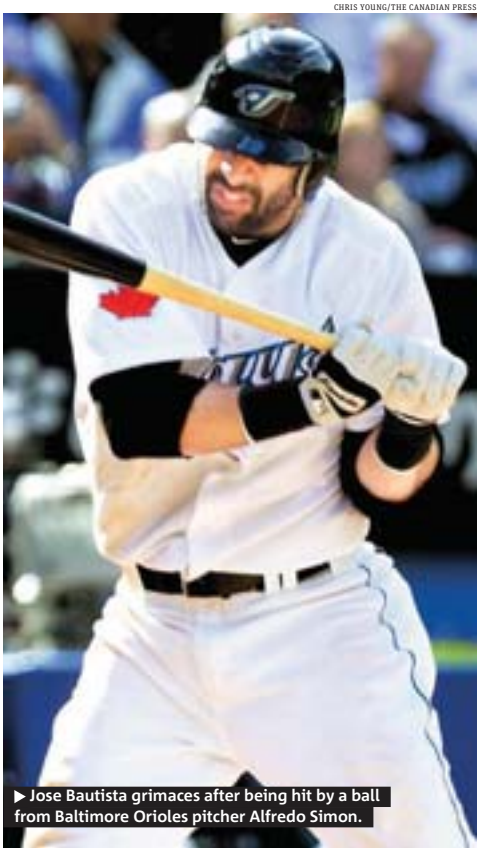
The teams had been warned after Orioles starter Rick VandenHurk (0-1) had hit Bautista with a pitch in the third and Blue Jays starter Shaun Marcum (13-8) had grazed Luke Scott with a pitch in the fourth.

"The first one I don't think was intentional," Marcum, who allowed an unearned run and four hits over seven innings, said of the pitches that hit Bautista, who has 52 home runs. "The second one I thought was pretty horse (bleep). Luckily it didn't get him in the head or anywhere bad."

"After there's a warning and the catcher sets up outside to get hit, it's pretty obvious what they're doing," Bautista said.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS



▶ Jose Bautista grimaces after being hit by a ball from Baltimore Orioles pitcher Alfredo Simon.

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Sports in brief

Anthony trade to Nets on hold

NBA. The New Jersey Nets' attempt to acquire Carmelo Anthony is in a holding pattern.

A person close to the trade talks told The Associated Press yesterday the Nets are waiting for the Nuggets to sign off on a deal that would bring Anthony to New Jersey and also involve Charlotte and Utah. The person spoke on condition of anonymity because the negotiations were ongoing.

Shot pays off for Furyk

GOLF. The biggest shot of his career gave Jim Furyk the biggest payoff in golf.

Clinging to a one-shot lead, with a $10-million US bonus riding on the outcome, Furyk nearly holed a bunker shot and knocked in the two-foot par putt he had left to win the Tour Championship and capture a FedEx Cup that came down to the very last hole yesterday.

Man U misses opportunity

SOCCER. Manchester United was held to a 2-2 draw by Bolton in the Premier League yesterday, failing to fully capitalize on defeats by Chelsea and Arsenal a day earlier.

United could have moved to within a point of league leader Chelsea with a win at Reebok Stadium.

THE ASSOCIATED PRESS

NFL in pictures

PHOTOS
1. BOB LEVEY/GETTY IMAGES
2. JEFF GROSS/GETTY IMAGES
3. CHRIS GRAYTHEN/GETTY IMAGES
4. J. MERIC/GETTY IMAGES
5. DOUG BENC/GETTY IMAGES

1 Tony Romo threw two touchdown passes to Roy Williams, Marion Barber ran for another score and the Dallas Cowboys got their first win by beating the Houston Texans 27-13.

2 With Brett Favre again unable to move the ball through the air, Adrian Peterson rushed for 160 yards and two touchdowns to lead the Minnesota Vikings to a 24-10 victory over the Detroit Lions.

3 Matt Bryant did what Garrett Hartley could not, drilling a 46-yard field goal with 1:55 left in overtime to lift the Atlanta Falcons to a 27-24 victory over the New Orleans Saints after Hartley missed a 29-yard attempt for the Saints.

4 Charlie Batch threw for 186 yards and two long touchdowns to Mike Wallace in the 35-year-old quarterback's first start in nearly three years, helping the Steelers remain unbeaten with a 38-13 rout of the Tampa Bay Buccaneers.

5 Michael Vick threw three touchdown passes, ran for another score and the Philadelphia Eagles defeated the Jacksonville Jaguars 28-3.

THE ASSOCIATED PRESS

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MLB

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EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Tampa Bay	93	62	.600	—	—	5-5	L-1	48-30	45-32
New York	93	63	.596	½	—	5-5	W-1	52-29	41-34
Boston	86	69	.555	7	6½	5-5	L-1	44-34	42-35
Toronto	80	75	.516	13	12½	7-3	W-4	44-34	36-41
Baltimore	61	94	.394	32	31½	4-6	L-4	34-43	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	63	.594	—	—	5-5	L-3	52-25	40-38
Chicago	83	72	.535	9	9½	4-6	W-4	40-34	43-38
Detroit	80	75	.516	12	12½	8-2	W-4	52-29	28-46
Cleveland	65	91	.417	27½	28	5-5	W-3	35-43	30-48
Kansas City	63	92	.406	29	29½	3-7	L-3	34-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	87	68	.561	—	—	5-5	W-3	48-26	39-42
Oakland	77	78	.497	10	15½	5-5	L-3	47-34	30-44
Los Angeles	75	80	.484	12	17½	4-6	L-4	40-38	35-42
Seattle	59	96	.381	28	33½	4-6	W-1	35-42	24-54

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
z-Philadelphia	93	63	.596	—	—	8-2	L-2	52-29	41-34
Atlanta	87	69	.558	6	½	4-6	L-1	52-23	35-46
Florida	77	78	.497	15½	10	4-6	L-1	38-39	39-39
New York	76	79	.490	16½	11	4-6	W-2	44-30	32-49
Washington	67	89	.429	26	20½	5-5	W-1	40-38	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	87	69	.558	—	—	4-6	W-1	45-30	42-39
St. Louis	80	75	.516	6½	7	5-5	W-1	46-28	34-47
Houston	74	82	.474	13	13½	4-6	L-2	41-37	33-45
Milwaukee	73	82	.471	13½	14	6-4	W-1	40-41	33-41
Chicago	70	85	.452	16½	17	6-4	L-1	35-46	35-39
Pittsburgh	55	100	.355	31½	32	7-3	W-2	40-41	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	88	68	.564	—	—	6-4	W-1	45-30	43-38
San Diego	87	68	.561	½	—	5-5	L-1	44-33	43-35
Colorado	83	72	.535	4½	4	4-6	L-1	52-26	31-46
Los Angeles	75	81	.481	13	12½	3-7	L-2	43-35	32-46
Arizona	64	92	.410	24	23½	6-4	W-2	40-41	24-51

z-clinched playoff berth; x-clinched division

AMERICAN LEAGUE

Yesterday's results
Toronto 5 Baltimore 2
Cleveland 5 Kansas City 3
Detroit 5 Minnesota 1
Seattle 6 Tampa Bay 2
Chicago White Sox 4 L.A. Angels 3
Texas 16 Oakland 9
N.Y. Yankees 4 Boston 3 (10 ings.)
Saturday's results
Toronto 5 Baltimore 4 (11 ings.)
Texas 4 Oakland 3
Boston 7 N.Y. Yankees 3
Cleveland 7 Kansas City 1
Detroit 11 Minnesota 10 (13 ings.)
Tampa Bay 9 Seattle 1
Chicago White Sox 6 L.A. Angels 2
Tonight's games
(All times Eastern)
Detroit (Galarraga 4-7) at Cleveland (C.Carrasco 1-1), 7:05 p.m.
N.Y. Yankees (A.J.Burnett 10-14) at Toronto (Rzepczynski 2-4), 7:07 p.m.
Baltimore (Matusz 8-12) at Tampa Bay (W.Davis 12-9), 7:10 p.m.
Seattle (Pauley 3-8) at Texas (C.Wilson 14-7), 8:05 p.m.
Boston (C.Buchholz 16-7) at Chicago White Sox (Buehrle 12-12), 8:10 p.m.
Minnesota (Slowey 13-6) at Kansas City (Davies 8-11), 8:10 p.m.
Oakland (Bre.Anderson 6-6) at L.A. Angels (E.Santana 17-9), 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results
Washington 4 Atlanta 2
Pittsburgh 9 Houston 3
N.Y. Mets 7 Philadelphia 3
Milwaukee 7 Florida 1
St. Louis 8 Chicago Cubs 7
San Francisco 4 Colorado 2
Cincinnati 12 San Diego 2
Arizona 5 L.A. Dodgers 4
Saturday's results
Atlanta 5 Washington 0
Chicago Cubs 7 St. Louis 3
San Diego 4 Cincinnati 3
Pittsburgh 6 Houston 4
N.Y. Mets 5 Philadelphia 2
Florida 4 Milwaukee 0
Arizona 5 L.A. Dodgers 2
Colorado 10 San Francisco 9 (10 ings.)
Tonight's games
(All times Eastern)
Philadelphia (Halladay 20-10) at Washington (Lannan 8-7), 7:05 p.m.
Florida (Sanabia 5-3) at Atlanta (Hanson 10-11), 7:10 p.m.
Milwaukee (Bush 7-13) at N.Y. Mets (Pelfrey 15-9), 7:10 p.m.
Pittsburgh (Morton 2-11) at St. Louis (Lohse 4-8), 8:15 p.m.
L.A. Dodgers (Lilly 8-12) at Colorado (Jimenez 19-7), 8:40 p.m.
Chicago Cubs (Zambrano 9-6) at San Diego (Stauffer 5-4), 10:05 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	93	63	.596	-
Boston	86	69	.555	6.5

NATIONAL LEAGUE

	W	L	Pct	GB
San Diego	87	68	.561	-
Atlanta	87	69	.558	0.5
Colorado	83	72	.535	4.0
St. Louis	80	75	.516	7.0

AMERICAN LEAGUE

BLUE JAYS 5, ORIOLES 2

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
BRorts 2b	5	0	0	0	Snider lf	3	1	1	0
Markks rf	4	0	0	0	A.Hill 2b	4	0	0	0
Wggntn 1b	3	1	1	0	McCoy 2b	0	0	0	0
Scott dh	2	0	1	0	JBautst rf	2	1	0	0
Pie lf	4	0	0	0	V.Wells cf	4	0	1	1
AdJons cf	4	1	3	1	Overay 1b	4	0	1	1
Wieters c	3	0	0	1	J.Buck c	3	2	2	0
Andino 3b	4	0	1	0	Lind dh	4	1	3	0
Clzturs ss	4	0	1	0	Encrnc 3b	3	0	0	0
JMcDnl ss	2	0	1	3					
Totals	**33**	**2**	**7**	**2**	**Totals**		**29**	**5**	**5**

Baltimore				010	000	010	2		
Toronto				111	002	00x	5		

E—VandenHurk (1), J.Buck (4). DP—Baltimore 2. LOB—Baltimore 8, Toronto 5. 2B—Overbay (35), Lind (31). SB—Ad.Jones (6), Snider (6). SF—Wieters, Jo.McDonald.

	IP	H	R	ER	BB	SO
Baltimore						
VandenHurk L,0-1	4	4	3	3	2	5
Simon	1-3	0	0	0	0	0
Albers	1 2-3	3	2	2	0	1
Da.Hernandez	2	2	0	0	0	0
Toronto						
Marcum W,13-8	7	4	1	0	2	7
Camp	2-3	3	1	1	0	0
Frasor S,4-8	1 1-3	0	0	0	0	1

T—2:48. A—17,831 (49,539) at Toronto.

SOCCER

MLS

Saturday's results
San Jose 3 Toronto FC 2
Philadelphia 3 Chivas USA 0
Houston 3 D.C. United 1
New England 2 Columbus 2
Seattle FC 1 Chicago 0
FC Dallas 3 Kansas City 1
Real Salt Lake 1 Colorado 1
Wednesday's games
(All times Eastern)
Philadelphia at Colorado, 9 p.m.
Chicago at San Jose, 11 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's results
Bolton 2 Manchester United 2
Wolverhampton 1 Aston Villa 2
Newcastle 1 Stoke 2

GERMANY

BUNDESLIGA

Yesterday's results
Kaiserslautern 0 Hannover 1
Wolfsburg 2 Freiburg 1

ITALY

SERIE A

Yesterday's results
Bari 2 Brescia 1
Catania 1 Bologna 1
Cesena 1 Napoli 4
Chievo Verona 0 Lazio 1
Fiorentina 2 Parma 0
Juventus 4 Cagliari 2
Palermo 2 Lecce 2
Sampdoria 0 Udinese 0

SCOTLAND

PREMIER LEAGUE

Yesterday's result
Aberdeen 2 Rangers 3

SPAIN

LA LIGA

Yesterday's results
Atletico Madrid 1 Zaragoza 0
Deportivo La Coruna 0 Almeria 2
Espanyol 1 Osasuna 0
Hercules 2 Sevilla 0
Mallorca 2 Real Sociedad 0
Racing Santander 0 Getafe 1

NHL

PRE-SEASON

Yesterday's results
Detroit 5 N.Y. Rangers 3
Montreal 4 Minnesota 3
Edmonton 8 Vancouver 2
St. Louis 2 Colorado 0
Tonight's games
(All times Eastern)
Buffalo at Toronto, 7 p.m.
Florida at Montreal, 7:30 p.m.
Atlanta at Nashville, 8 p.m.
Tomorrow's games
Buffalo vs. Ottawa (at Dundas, Ont.), 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Chicago at Pittsburgh, 7 p.m.
Minnesota at Columbus, 7 p.m.
Dallas at Colorado, 9 p.m.
Phoenix at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

CANADIENS 4, WILD 3

First Period
1. Montreal, Engqvist 1 (Schultz) 9:49
2. Minnesota, Clutterbuck 1 (Zidlicky, Miettinen) 12:12
Penalties — Zidlicky Min (interference) 12:41, Engqvist Mtl (slashing) 15:37, Kobasew Min (high-sticking) 19:46.
Second Period
3. Montreal, White 1 (Picard, Gomez) 6:23
4. Montreal, Boyd 2 (Pacioretty, Nash) 6:57
5. Montreal, Nash 1 (Pacioretty, Carle) 8:02
Penalties — Henry Mtl, Kalus Min (fighting) 2:57, Schultz Mtl, Bagnall Min (fighting) 3:26, Peters Min (holding) 4:08, Gillies (high-sticking) 15:01, Stoner Min (tripping) 15:53, Zidlicky Min (tripping) 17:11, Henry Mtl (interference) 19:35.
Third Period
6. Minnesota, Falk 1 13:21
7. Minnesota, Brodziak 1 (Miettinen, Latendresse) 19:47
Penalty — Subban Mtl (roughing) 9:10.
Shots on goal by

Montreal	13	9	6	28
Minnesota	4	1	9	14

Goal — Montreal: Auld (W); Minnesota: Khudobin (L) **Power plays (goals-chances)** — Montreal: 0-6; Minnesota: 0-3.
Attendance — 21,273 at Minneapolis.

OILERS 8, CANUCKS 2

First Period
1. Edmonton, Eberle 1 (Whitney) 2:00 (pp)
2. Edmonton, Penner 1 (Vandermeer, Omark) 4:46 (pp)
3. Vancouver, Malholtra 1 (Torres, Sweatt) 6:28
4. Edmonton, Horcoff 1 (Eberle) 6:44
5. Edmonton, Eberle 2 (Horcoff, Hall) 16:40
Penalties — Morrision Vcr (hooking) 1:03, Kesler Vcr (hooking) 3:06, Hordichuk Vcr (roughing) 7:20, Volpatti Vcr, Strudwick Edm (fighting) 7:20.
Second Period
6. Edmonton, Vande Velde 2 (Hartikainen, Petry) 4:45
7. Vancouver, Kesler 1 (Raymond) 17:56
Penalties — Brule Edm (tripping) 2:02, Hordichuk Vcr, Stortini Edm (fighting) 4:57, Whitney Edm (slashing) 5:24, Rome Vcr (holding) 8:45, Strudwick Edm (holding) 11:53, Samuelsson Vcr (slashing) 12:47, Brule Edm (roughing) 12:47, Hordichuk Vcr (interference) 15:03.
Third Period
8. Edmonton, Horcoff 2 (Vandermeer, Hall) 0:45
9. Edmonton, Omark 1 (Motin, Brule) 1:28
10. Edmonton, Penner 2 (Brule, Omark) 14:19
Penalties — Vandermeer Edm (cross-checking) 8:54, Sweatt Vcr (interference) 11:43.
Shots on goal by

Vancouver	6	12	10	28
Edmonton	15	6	12	33

Goal — Vancouver: Schneider (L,0-2-0); Edmonton: Khabibulin (W,1-0-0).
Power plays (goals-chances) — Vancouver: 0-4; Edmonton: 2-6.
Referees — Brad Meier, Brian Pochmara.
Linesmen — Vaughan Rody, Mark Wheler.
Attendance — 16,839 (16,839) at Edmonton.

NFL

WEEK 3

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

Yesterday's results
Atlanta 27 New Orleans 24 (OT)
Baltimore 24 Cleveland 17
Cincinnati 20 Carolina 7
Dallas 27 Houston 13
Kansas City 31 San Francisco 10
Minnesota 24 Detroit 10
New England 38 Buffalo 30
Pittsburgh 38 Tampa Bay 13
Tennessee 29 N.Y. Giants 10
St. Louis 30 Washington 16
Philadelphia 28 Jacksonville 3
Seattle 27 San Diego 20
Arizona 24 Oakland 23
Indianapolis 27 Denver 13
N.Y. Jets 31 Miami 23
Tonight's game
Green Bay at Chicago, 8:30 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.
Yesterday's result
At Moncton, N.B.
Edmonton 24 Toronto 6
Saturday's results
B.C. 29 Calgary 10
Saskatchewan 32 Hamilton 25
Friday's result
Montreal 44 Winnipeg 40

GOLF

TOUR CHAMPIONSHIP

At Atlanta
Par 70
Final Round

Jim Furyk, $1,350,000	67-65-70-70-272
Luke Donald, $810,000	66-66-71-70-273
Retief Goosen, $517,500	71-66-66-71-274
Nick Watney, $330,000	71-74-63-67-275
Paul Casey, $330,000	66-71-69-69-275
Charley Hoffman, $270,000	71-67-69-70-277
Ernie Els, $247,500	71-71-71-65-278
K.J. Choi, $247,500	68-68-74-68-278
Zach Johnson, $208,125	74-72-66-67-279
Camilo Villegas, $208,125	73-69-68-69-279
Ryan Moore, $208,125	70-72-68-69-279
Kevin Streelman, $208,125	70-70-69-70-279
Tim Clark, $178,500	70-73-70-67-280
Geoff Ogilvy, $178,500	66-67-72-75-280
Justin Rose, $162,000	74-68-72-67-281
Hunter Mahan, $162,000	69-71-73-68-281
Ben Crane, $147,000	71-69-76-66-282
Robert Allenby, $147,000	71-70-71-70-282
Bubba Watson, $147,000	75-69-67-71-282
Jason Day, $147,000	69-69-71-73-282
Kevin Na, $147,000	69-68-69-76-282
Dustin Johnson, $136,500	73-71-73-66-283
Phil Mickelson, $136,500	69-72-68-74-283
Bo Van Pelt, $132,000	74-69-69-72-284
Matt Kuchar, $127,500	72-70-72-71-285
Steve Stricker, $127,500	74-68-68-75-285
Adam Scott, $124,500	74-71-69-74-288
Ryan Palmer, $123,000	74-72-73-70-289
Jeff Overton, $121,500	75-70-73-73-291
Martin Laird, $120,000	75-73-74-73-295

TRANSACTIONS

BASEBALL

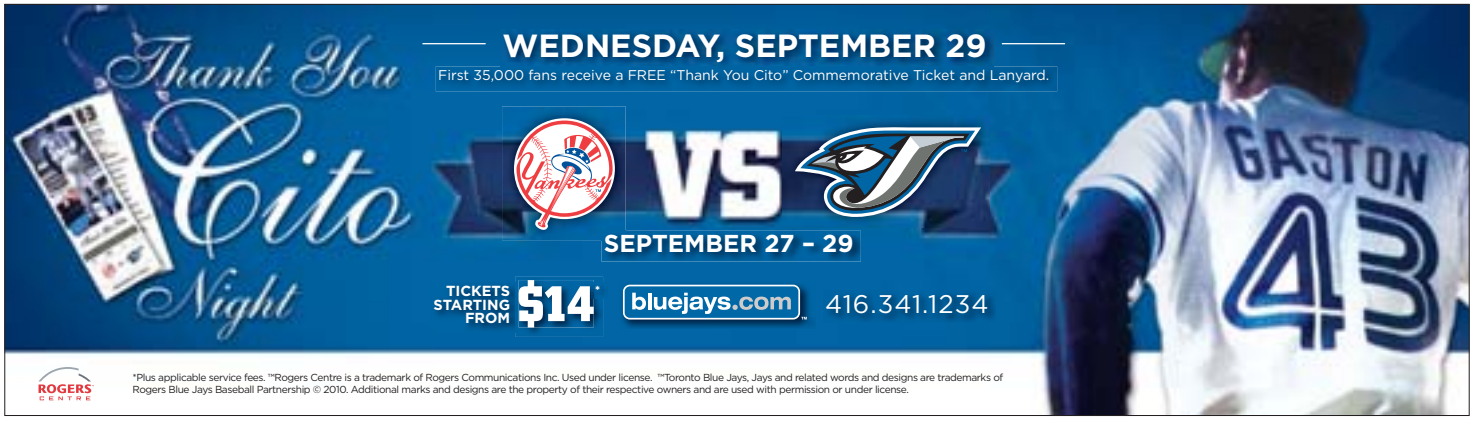
MLB

AMERICAN LEAGUE
CLEVELAND INDIANS—Acquired OF Preston Mattingly from the L.A. Dodgers for OF Roman Pena.

HOCKEY

NHL

CAROLINA HURRICANES—Assigned F Jon Matsumoto, F Riley Nash, F Jerome Samson, F Jared Staal and D Bryan Rodney to Charlotte (AHL).
CHICAGO BLACKHAWKS—Assigned F Chris DiDomenico and D Shawn Lalonde to Rockford (AHL).
COLUMBUS BLUE JACKETS—Assigned F Kyle Neuber, F Chris Francis, F Tyler Murovich, D Michael Ratchuk and D Dalton Prout to Springfield (AHL).
COLORADO AVALANCHE—Reassigned G John Grahame, G Jason Bacashihua, D Cameron Gaunce and RW Luke Walker to Lake Erie (AHL). Reassigned D Stefan Elliott to Saskatoon (WHL).
MONTREAL CANADIENS—D Mathieu Dandenault announced his retirement.
ST. LOUIS BLUES—Assigned D Daryl Boyle, D Mark Cundari, F Anthony Peluso, F Philip McRae, F Anthony Nigro, F Tyler Shattock, F Stefan Della Rovere, G Jake Allen and G Gerald Coleman to Peoria (AHL). Assiged D Brett Ponich to Portland (WHL), D David Shields to Erie (OHL), F Cody Beach to Calgary (WHL), F Stephen MacAulay to Saint John (QMJHL) and F Chris DeSousa to London (OHL).
PITTSBURGH PENGUINS—Assigned G Mattias Modig to Wilkes-Barre/Scranton (AHL).
TAMPA BAY LIGHTNING—Assigned F Mike Angelidis, D Mark Barberio, F Alex Berry, F Mitch Fadden, F Mitch Fritz, F Stefano Giliati, D Radko Gudas, F Alex Hutchings, D Scott Jackson, G Jaroslav Janus, F Blair Jones, D Vladimir Mihalik, F Niklas Persson, D Kevin Quick, F Juraj Simek, F Paul Szczechura, G Dustin Tokarski, D Ty Wishart and F James Wright to Norfolk (AHL). Released F Matt Fornataro and F Tim Marks.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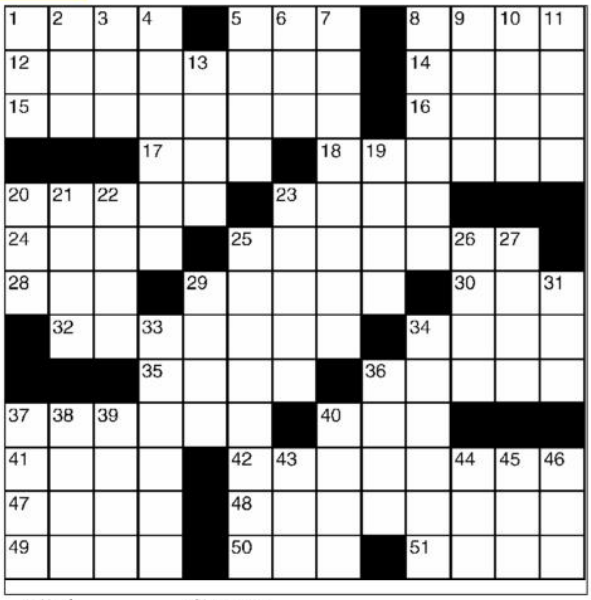
Crossword



Across

1 Victories
5 Exist
8 Grate
12 Baldness
14 Always
15 Head of state?
16 Dossier
17 Travail
18 So all can hear
20 Donkeys
23 Intimidates
24 Storage structure
25 Glasses with stems
28 Crone
29 Israel politico Shimon
30 Ram's mate
32 Special boys
34 Throb
35 Unctuous
36 That certain something
37 Tenor Enrico
40 America's uncle
41 Addict
42 A driver tries to hit it
47 Rod attachment
48 Sort of
49 "— and the Tramp"
50 Baseballer's topper
51 Go by bus

Down

1 Joker
2 UN agency
3 Oct. follower
4 Gushed forth
5 Dermatologist's case
6 Carnival city
7 Oft-pierced body parts
8 Just say no to
9 Eager
10 Vend
11 Quarry
13 Love god
19 Hooters
20 Blond shade
21 Carpet type
22 Lily variety
23 Hackneyed
25 Based on earth science
26 Abound
27 Trade
29 Omegas' preceders
31 Biblical verb suffix
33 With sullenness
34 Wartime plane
36 Lummoxes
37 Ringlet
38 Between ports
39 Oboe insert
40 Reply to a masher
43 — budget
44 Blackbird
45 1960s hallucinogen
46 Sheltered side

▶ Yesterday's answer

Sudoku

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	3	9	4	8	6	1	7	2
6	7	4	2	1	5	8	3	9
8	1	2	9	3	7	6	4	5
1	2	5	8	7	3	4	9	6
7	8	6	5	4	9	2	1	3
9	4	3	6	2	1	5	8	7
2	6	8	3	9	4	7	5	1
4	9	7	1	5	2	3	6	8
3	5	1	7	6	8	9	2	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Stef, thank you for all your love and support, you truly are the best friend ever!
EV

Hey Babycakes, Salgirah mubarak! I love you! I wish you the best birthday and want all your wishes to come true!
LOVE, BABES

Randal, After our first dance you asked me what I was doing the rest of my life. 3 years later we are still "in the fog". Happy Anniversary honey! I love you so much.
TAMMY

Want to make sure that everyone is gona have a good week. Want everyone to have a good time this week and have fun. Jes, Sab, RAS, Nicole, Verd, Ebi, Eva and others.
CARLOS

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will gobble up work and routine matters today but there is also a danger that you will take on too much and restrict the time you have available for other interests.

♉ Taurus April 21-May 21 No target is beyond your reach but you must be clear in your mind what it is you are aiming for.

♊ Gemini May 22-June 21 You may be finding it difficult to persuade people to do things for you at the moment but that will alter when Mercury, your ruler, changes signs next weekend.

♋ Cancer June 22-July 22 You may find it hard to keep your mouth shut today, even though you know that you should. Make it your business to put them straight.

♌ Leo July 23-Aug.23 Something will happen today that makes you realize that, while it's good to be generous, you need to be mindful of who you choose to help out. Not everyone deserves a helping hand

♍ Virgo Aug. 24- Sept. 22 It's never too late to start something new and while Mercury, your ruler, remains in your sign you will get every opportunity to get a creative dream off the ground. That gives you about six days to get serious about it.
.

♎ Libra Sept. 23-Oct. 23 If you need to ask someone a favor do so today while the planets are aligned in your favor. If you leave it until later in the week the influence of Saturn in your sign could make a "no" answer more likely.

♏ Scorpio Oct. 24-Nov. 22 The dividing line between fact and fiction can be difficult to spot and you'll need to make a special effort to see it today.

♐ Sagittarius Nov. 23-Dec. 21 Because Sagittarius is a Fire sign people expect you to be assertive at times and you will certainly need to push a bit harder than usual today if you want to get things done.
?

♑ Capricorn Dec. 22-Jan. 20 Actions always have consequences – not sometimes, always – and if you keep that thought in mind today it will guide the kind of actions you need to take

♒ Aquarius Jan. 21-Feb. 18 Check facts and figures carefully because there is a possibility that someone is trying to mislead you.

♓ Pisces Feb. 19-March 20 If someone asks for your opinion today you must be honest with them, even if you suspect they won't much like what you say. It's not your responsibility to spare their precious feelings, it's your job to tell it like it is.

SALLY BROMPTON

Caption contest

ANTONIO CALANNI/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LAI SENG SIN/THE ASSOCIATED PRESS

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KIA

**0% purchase financing available on all 2010 Kia models for up to 60 months on approved credit (OAC). Cash back varies by model and trim. * "3 Payments on Us" is available on all 2010MY purchase financing offers on approved credit. The payment amount is calculated based on the monthly payment (excluding applicable taxes) of a 5-year 0% purchase financing contract, each payment amounting to (MSRP + D&D + A/C Tax + Colour Charge)/60. This amount will be offered in the form of a cheque or may be applied to reduce the selling price of the vehicle. It is the responsibility of the customer to make all payments in accordance with the financing contract; this promotion does not in any way change its terms or void any due payments.*Finance credit for 2010 Forte (F0740A) is $1,250 based on the Manufacturer Suggested Retail Price (MSRP). Cash back varies by model and trim. *Monthly lease payment for 2011 Sorento (SR540B) is $379 for 48 months at 3.9% lease APR with a $0 down payment. Total lease obligation is $18,197 with the option to purchase at end of term for $10,401. Lease has 20,000 km/year allowance (other packages available) and $0.10/km for excess. Delivery and Destination fees ($1,650), OMVIC fee, Environmental Fee and Air Tax (where applicable) included. All offers exclude licensing, registration, insurance, PPSA, applicable taxes and variable dealer administration fees ($399). + Highway/city fuel consumption for 2010 Forte LX (F0540A) is 5.8 L/(49 MPG)/8.3 L (34 MPG); 2011 Sorento 2.4L MT (SR540B) is 7.4 L (38 MPG)/10.6 L (27 MPG); 2010 Soul 1.6L MT (SO550A) is 6.3 L (45 MPG)/7.7 L (37 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. ^ 2011 Kia Sorento/2010 Soul awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable on all 2011 Sorento models manufactured after March 2010. Visit www.iihs.org for full details. § The 2010 Kia Forte was awarded Car of the Year by NADAguides.com. To learn more please visit www.NADAguides.com. °The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some vehicles advertised may include optional accessories or after-sale equipment and may not be exactly as shown. Information in this advertisement is believed to be accurate at the time of print. Offer ends September 30th, 2010. KIA is a trademark of Kia Motors Corporation. See a participating GTA Kia Dealer for more details.

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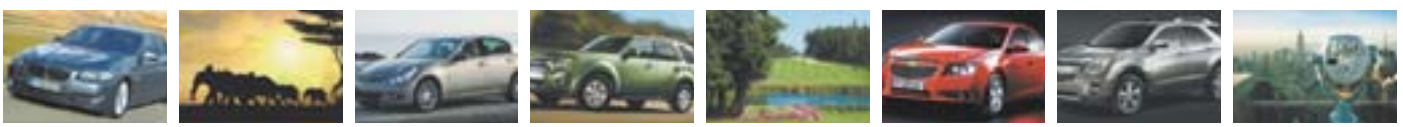

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